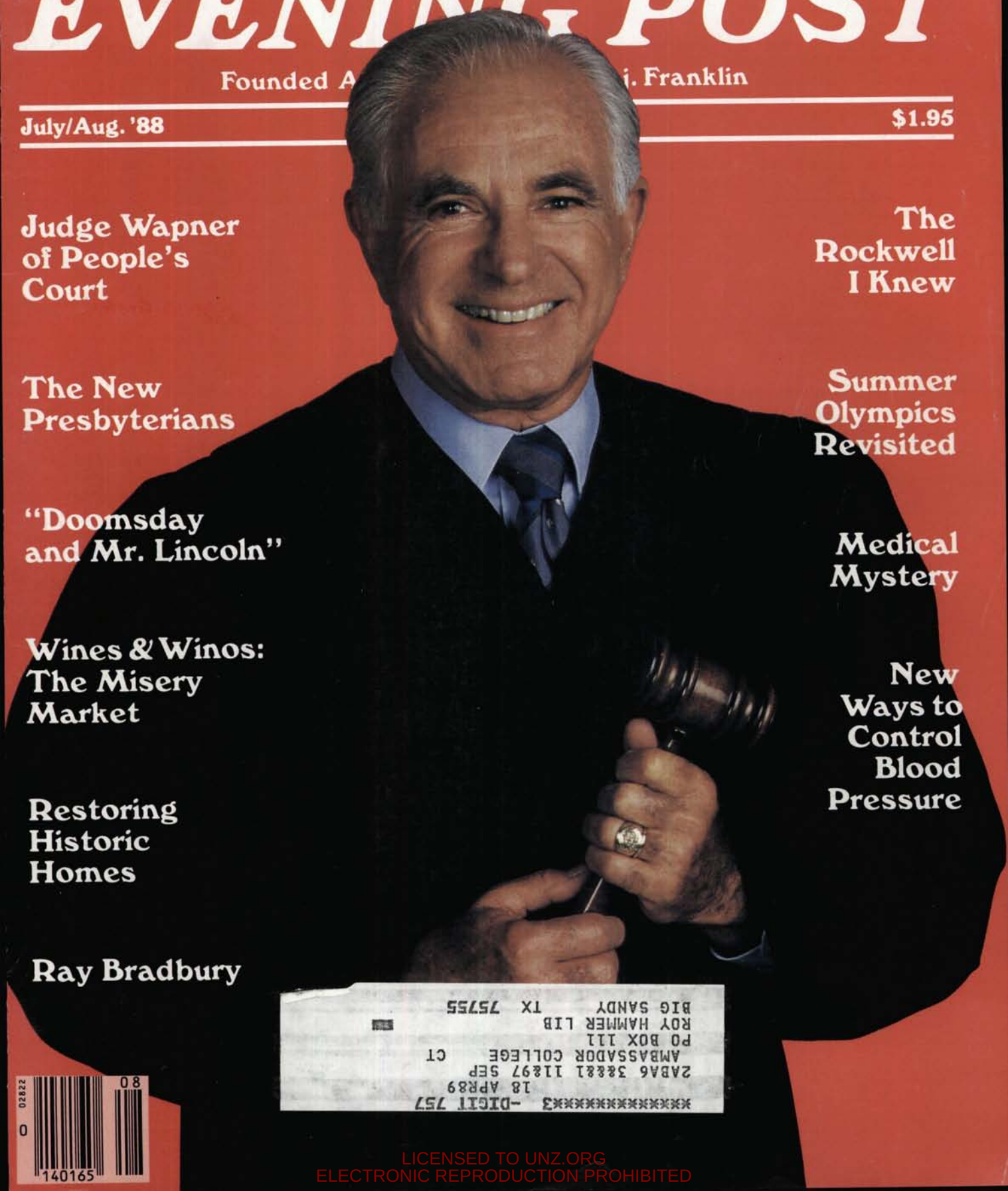
# THE SATURDAY EVENING POST

Founded A[illegible]i. Franklin

July/Aug. '88 $1.95



Judge Wapner of People's Court

The New Presbyterians

"Doomsday and Mr. Lincoln"

Wines & Winos: The Misery Market

Restoring Historic Homes

Ray Bradbury

The Rockwell I Knew

Summer Olympics Revisited

Medical Mystery

New Ways to Control Blood Pressure

xxxxxxxxxxx3 -DIGIT 757
18 APR89
2ABA6 38821 11897 SEP
AMBASSADOR COLLEGE CT
PO BOX 111
ROY HAMMER LIB
BIG SANDY TX 75755

02822 0 08 140165

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Their questions were endless:
Can we feed them again yet?
Will they be okay
when we turn out the lights?
Do fish sleep
at the bottom of the bowl?

They finally went to sleep after
I answered every question.
But I was left awake
with one of my own...
What would happen to them
if something happened to me?

---

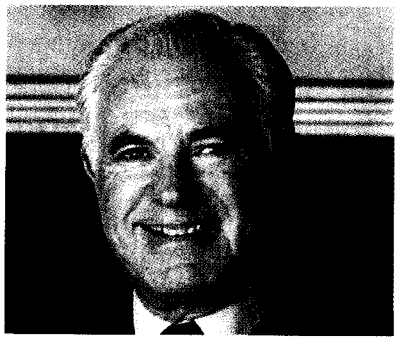
*Nationwide® is on your side*
*with Home, Automobile,*
*and Life Insurance...*

NATIONWIDE INSURANCE

Home Office: Columbus, Ohio. An Equal Opportunity Employer.
©1988 Nationwide Mutual Insurance Company and Affiliated Companies.

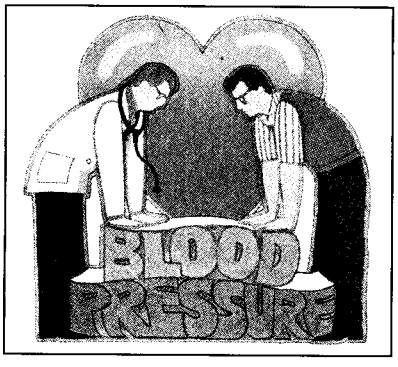
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Property of
AMBASSADOR COLLEGE LIBRARY



**Judge Wapner Sheds His Robes**—and talks about life away from "The People's Court." 30

**Norman Rockwell's Family Doctor**—has fond memories of the famous *Post* cover artist. 36



**The Pressure Is On**—to control blood pressure in new ways. 90

**The Presbyterians**—are marking the church's bicentennial with a year-long celebration. 42

THE SATURDAY EVENING POST
Founded A.D. 1728
Published by THE SATURDAY EVENING POST SOCIETY
a Division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

TABLE OF CONTENTS, JULY/AUGUST 1988 Vol. 260, No. 5

RECEIVED
JUL 14 1988

## FICTION

Doomsday and Mr. Lincoln ..... *Paul Horgan* 52
Good-By, Grandma ..... *Ray Bradbury* 62

## FEATURES

What's in a Name? ..... *John Bohannon* 16
Wine and Winos: The Misery Market ..... *Alix M. Freedman* 22
My Most Important Decision ..... *Joseph A. Wapner* 30
The Norman Rockwell I Knew ..... *Franklin K. Paddock, M.D.* 36
The New Presbyterians ..... *Ervin Roorda and John McCollister* 42
The Fumigation Chamber (Medical Mystery) ..... *Berton Roueché* 44
Sailing Down the Root Canal ..... *Maynard Good Stoddard* 56
Home Sweet (Restored) Home ..... *Jim Pettigrew, Jr.* 58

## DEPARTMENTS

Letters ..... 4
Post People ..... 14
Food: Here's-to-Your-Health Muffins ..... *Jacquelyn Nyenhuis* 20
Vets on Pets:
Beating the Pet-Boarding Blues ..... *H. Ellen Whiteley, D.V.M.* 26
Money Talk: Fine-Tuning Your Auto Insurance ..... *John F. Wasik* 34
Post Scripts ..... 40
Sports: Looking Back: The Oddball Olympics ..... *Walt Roessing* 48
Travel: The Making of Great Basin National Park ..... *C.J. Hadley* 64
Heart Beat: New Ways to Control Blood Pressure ..... *Diana Benzaia* 90
Medical Mailbox ..... *Cory SerVaas, M.D.* 98

(Cover photo courtesy of Kenneth Bank)

*The Saturday Evening Post* (ISSN: 0048-9239), incorporating *Country Gentleman*, is published monthly in 1988, except bimonthly in Jan./Feb., May/June and July/Aug., by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices. Copyright © 1988 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S.Patent Office. Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $17.97. *The Saturday Evening Post* editorial, circulation, and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 10675, Des Moines, Iowa 50336.** Allow six weeks for change of address.

Unsolicited manuscripts, art work, and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork, or photographs.

The names of characters used in all *Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"My husband makes chili good enough to bring tears to your eyes. I guess it has something to do with the *way* he cooks. There's usually more chili on the cooktop than there is in the pot. Sometimes I wonder if he uses one at all. But with our Whirlpool® appliances, I don't worry about it.

**You cook, I'll clean up.** My husband and I have a deal. If he cooks I'll clean up. And vice versa. With this smooth ceramic cooktop, I think cleaning is the easier job. Even on chili night. Spills can't run underneath the burners. And the edges around the cooktop keep messes from dripping over onto the sides or the floor. I just wipe the top clean.

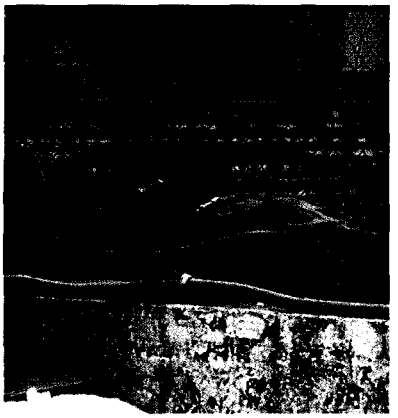
**Like father, like son.** My 12-year-old spends more time in the kitchen than I do. Seems like every time he turns on the tube, he puts another TV dinner in our Whirlpool oven. Yesterday he forgot to take it out. By the time I found it, all the splatters and spills were baked on. My Whirlpool self-cleaning oven took care of it though, so I didn't have to.

**Whirlpool will make it right, or they'll replace it free.** Whirlpool promises I'll be satisfied with the quality and performance of my new appliances. Repairs, if needed, will be to my satisfaction...if not, Whirlpool will replace them free for up to a year.* That's part of their 100% Customer Commitment. And it's one more way Whirlpool makes my world a little easier."

Whirlpool
Home Appliances
Making your world a little easier.

*Retail purchases in the 50 states after June 1, 1987. Non-commercial use by original owner. Excludes range hoods. ©1988 Whirlpool Corp.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



**Cheap Wines**—create a misery market for winos and cause embarrassment to wine producers. **22**

**Medical Mystery**—A doctor with a mysterious illness learns that the world is a dangerous place. **44**

**Old Homes**—Why do Americans love restoring them? **58**

**The Summer Olympics**—aren't what they used to be with tug of war and live pigeon shooting. **48**



# Letters

### *Post* Fine—Up to the Wine

I was given a copy of the April '88 *Saturday Evening Post*. I found it so interesting that I read on into the night.

Since I had a blood transfusion in 1983, I fully agree with the article on AIDS testing! I'm very disturbed with the arguments against testing. As a possible victim, I realize the seriousness of this position.

As a retired nurse, I found many articles interesting and decided to subscribe. However, one article disturbed me greatly—"Cooking with Wine," by Jeff Smith—especially the statements "Wine is seen as a food" and "Bread and wine seem to be the most basic [food]."

That isn't what this nurse has found! Alcoholic beverages are one of the earth's greatest curses! Having wine in the home, even to cook, is a temptation to children and youth. God knows that they have more than enough temptations outside of the home.

I know one lovely family that decided to teach their three children how to drink at home. All three sons became alcoholics and died premature deaths.

Yes, I'm still going to subscribe to the *Post*, but I hope to see articles showing the devastating effects of alcohol—including wine!

*Lydia A. Howard*
Temple City, California

*Editor's note: I am sorry that the "Cooking with Wine" article was offensive. You make good points. But we'd like to point out that after wine is cooked there is absolutely no alcohol left—it is used simply for flavoring.*

*The* SatEvePost *is credited with having launched Alcoholics Anonymous in 1941 with an in-depth article by Jack Alexander. To this day the article is reproduced and distributed in AA and other organizations. We're sending you a copy of this article, of which we're very proud.*

*To show you we are in your camp, we have run an article about alcoholics on pages 22 and 23 belaboring dollar-a-pint wines that, at 18 to 21 percent alcohol, give the down-and-out winos more for their bucks.*

**EDITORIAL**

Cory SerVaas, M.D., *Editor*
Ted Kreiter, *Executive Editor*
Maynard Good Stoddard,
Patrick Perry, *Senior Editors*
Roberts Ehrgott III,
*Assistant Managing Editor*
Cheryl Clark, *Copy Editor*
Jack Gramling, *Research Editor*
Steven Pettinga,
*Permissions/Cartoons/Archives*
Glenn Carter, Nancy Riddle-Mills,
Amy Hudson, *Editorial Assistants*
Mary June Parks, *Associate Food Editor*
Holly Coors, Holly G. Miller, Paul SerVaas
*Contributing Editors*
Peter Michael, *Director of Television*
Christina Rylko, *Senior Television Producer*

**ART**

Chris Wilhoite, *Art Director*
Lucian Lupinski, *Illustrator*
Caroline Holleman, Steve Miller,
*Art Production Assistants*
Isaiah Scott, *Special Sections Designer*

**PRODUCTION**

Dwight Lamb, *Production Manager*
Greg Vanzo, *Technical Director*
Penny Lindsay-Rasdall, Phyllis Lybarger,
*Compositors*

**CIRCULATION**

Patrick D. Sharpe, *Subscription Director*

**ADVERTISING OFFICES**

**INDIANAPOLIS**

Don Sutton, *Marketing Director*
Byron Estes, *Marketing Research*
Janet Andersen, *Corporate Advertising*
Penny Lindley, *Account Executive*
Karen Smith, *Advertising Administrator*
1100 Waterway Boulevard,
Indianapolis, Indiana 46202
(317) 636-8881, Telex 27-440
Panafax (317) 634-1791

**NEW YORK**

Peter Aldrich, *Publisher*
Barbara Dugan, John Quinn,
Lee S. Emanuel, *Account Executives*
Lori Schneider, *Marketing Research*
150 East 52nd St., 17th Floor
New York, New York 10022 (212) 371-0400

**Direct Response & Mail Order**
Bob Bernbach
R.B. Advertising Representatives, Inc.
677 Commerce Street
Thornwood, New York 10594 (914) 769-0051

**SOUTHEAST**

Ray Rickles & Company
P.O. Box 520849
Miami Beach, Florida 33152-0849
(305) 592-0044
Scott Rickles
P.O. Box 28616
Atlanta, Georgia 30328
(404) 252-4567

**NORTHERN CALIFORNIA**

Joleen Parham Associates
862 Bear Creek
Costa Mesa, CA 92626 (714) 556-0832

**SOUTHERN CALIFORNIA**

R C Bublitz & Assoc.
22247 Burbank Blvd.
Woodland Hills, CA 91367 (818) 992-0366
Paul Palmeri, *Religion Specialist*
P.O. Box 7550
Van Nuys, CA 91409 (818) 993-1820

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

*Officially authorized by Shirley Temple...*

# THE SHIRLEY TEMPLE "Stand up and Cheer" DOLL

***The first in a series of porcelain dolls capturing Shirley Temple in her most famous movie roles.***

The Danbury Mint is pleased to announce the most exciting Shirley Temple doll in years – authorized by Shirley Temple herself! This fourteen-inch doll depicts Shirley Temple – dimples, smile, curls, ringlets and all – just as she appeared in the famous 1934 movie, "Stand Up and Cheer."

### An abundance of bisque porcelain

*The Shirley Temple "Stand Up and Cheer" Doll* is lovingly crafted in fine imported bisque porcelain. In fact her entire upper body is formed of bisque porcelain, as are her legs and arms. Such an abundance of porcelain is unusual except in the most expensive collector dolls.

### Remarkable special touches

Eyelashes, eyebrows, and lips are artfully painted by hand. Her hair – those remarkable curls and ringlets – are styled by hand.

She wears her most famous dress of all – white with red polka dots and dainty red trim. Notice the frilled petticoat undergarment, the ribbon around her waist and the matching red bow in her hair, and the famous "Mary Jane" shoes with white anklets.

### An exceptional value

*The Shirley Temple "Stand Up and Cheer" Doll* is available at the attractive original issue price of $90 which may be paid in convenient monthly installments. This is a remarkable value when you consider that previously available Shirley Temple porcelain dolls have all sold at prices in excess of $200. You will receive a display stand at no extra charge. What's more, your doll will be accompanied by a personalized serially-numbered Certificate of Authenticity.

### A Danbury Mint exclusive

*The Shirley Temple "Stand Up and Cheer" Doll* is available only from the Danbury Mint. Moreover, as a registered owner of this first Danbury Mint Shirley Temple doll, you will have the privilege – but not the obligation – of acquiring subsequent dolls in the collection with your matching serial number.

### Please respond promptly

You need send no money now. Simply complete the Reservation Application and return it promptly. *Do reserve your doll today!*

Shown smaller than actual size of 14" in height.

©MBI 1988

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please accept my reservation for *The Shirley Temple "Stand Up and Cheer" Doll.* The doll is expertly crafted of imported bisque porcelain, lovingly hand-painted, and authentically attired in the adorable costume that she made famous.

I need send no money now. I will pay for the doll in three convenient monthly installments of $30 each*, the first being billed before shipment of my doll. If I am not satisfied, I may return my doll within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

*Plus $1 per installment for shipping & handling.

THE SHIRLEY TEMPLE "Stand up and Cheer" DOLL

Please respond promptly.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each monthly installment charged to your: ☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for shipment. Y80

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

### We Feel Sheepish

Have enjoyed your magazine immensely. It has been refreshing to read a wholesome, informative, interesting magazine.

However, I was very disturbed about the food article "Take a Look at Lamb" in the April '88 issue.

As an American lamb producer it was most discouraging to find a whole section of recipes that encourages the purchase of foreign lamb.

American lamb producers have been in a continuing struggle with imported lamb flooding our markets. It really hurts to have our own people promoting foreign products.

I'm sure the American Lamb Council at 200 Clayton Street, Denver, CO 80206 (phone 303-399-8130) would be happy to supply you with delicious recipes made with fresh American lamb.

*Duane L. Smith*
Myrtle Creek, Oregon

### From 5¢ Up

Among my grandfather's papers I found a copy of *The Saturday Evening Post* from October 17, 1846. Does it have any value? To whom should I write?

*Elizabeth L. Hendrix*
Address unknown

*Editor's note: How glad we were to hear of your grandfather's copy of the October 17, 1846,* Post. *It has a great deal of value to those who collect old issues of this magazine. Many of our archival copies are donated to the Society, and for that reason we don't have current prices on these antique publications. We have two copies of this issue in our archives, but if you will send your address, I am sure some of our readers who collect the* Post *will be in touch with you.*

### Eye, Aye

I am writing in regard to the "Medical Mailbox" letter entitled "The Eyes Have It" in the April '88 issue.

I am interested in getting in touch with Dr. Edgar Thomas at the Estelle Doheny Eye Clinic at the University of Southern California. My 18-year-old daughter has been diagnosed as having deteriorating sclera.

Any help that you could give to me in this matter would be greatly appreciated.

*Mary W. Thaggard, R.N.*
Greensboro, North Carolina

*Editor's note: The Estelle Doheny Eye Clinic is at 1355 San Pablo, Los Angeles, CA 90033, (213) 224-7701. Dr. Edgar Thomas is now in private practice in Los Angeles.*

### More About Madden

There's a saying around the National Football League: "Don't get mad, get Madden!" ("Boom! It's John Madden," Jan./Feb. '88). And no wonder. His energetic, charismatic, flamboyant style of sportscasting (his mouth and arms seem to be in perpetual motion, as if run by a motor) is a welcome breath of fresh air. But what impressed me most about John Madden was not his sports knowledge or announcing abilities, but the compassion he showed rival player Darryl Stingley, not only inviting Darryl's longtime girlfriend to stay with him and his family so she could visit Darryl, but himself visiting Stingley in the hospital every day. Obviously he believes there is more to life than just football.

*Kenneth L. Zimmerman*
Cypress, California

### Appreciation Appreciated

Greetings from an appreciative subscriber to *The Saturday Evening Post*. I thought I would seize this opportunity to simply write and thank you for your fine efforts put forth in *The Saturday Evening Post*.

For the past eight years I have been a missionary in Nigeria with Campus Crusade for Christ. During these years I have enjoyed receiving *The Saturday Evening Post*. I have enjoyed the clean literature that entertains and provokes thoughtful discussion. I have enjoyed also your stance on current medical issues in our world today. Your magazine has been popular not only with my wife and me, but other missionaries would ask to borrow my copy after I finished reading it. I was always a cover-to-cover reader, and sometimes they got a bit impatient. But it always seemed to be worth the wait to them.

My wife and I have now returned to the States to continue our work with Campus Crusade for Christ. My uncle, Sen. Bill Costas, informed me of the great work you are doing in the Senate regarding AIDS and other concerns. I just wanted to write and let you know how we appreciate what you are doing. If there is any way in which we could be of greater support we would be happy to know how to do this.

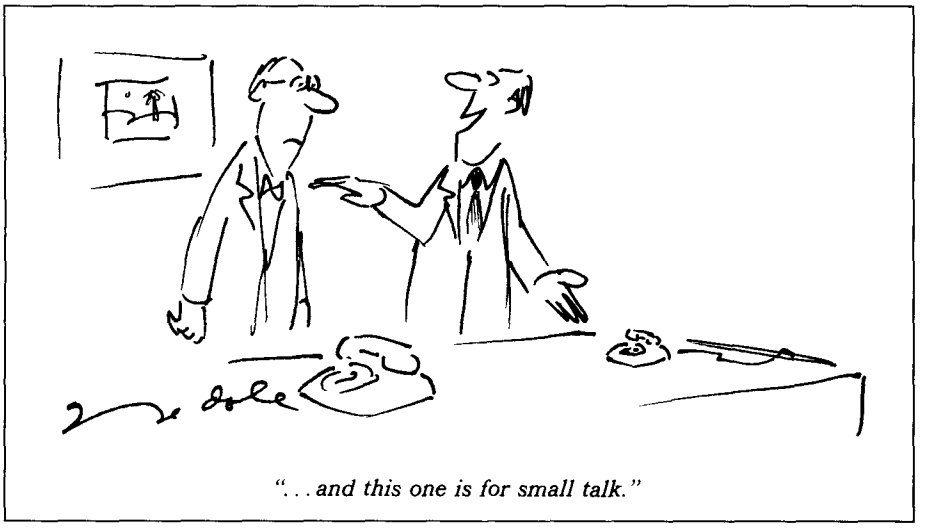
Thanks so much for the positive encouragement you have had in thousands of lives. I know that God will reward you.

*Steven Gibson*
Valparaiso, Indiana

### A Good Question

In the hopes your name was the one I remembered as being associated with free AIDS testing in the past, I am addressing this question to you.

A local paper this week advertised free AIDS testing for the public by the Marion County Health Department. My question relates to testing of prisoners within the Department of Correction in Indiana. Some have indicated to me they have requested testing and been refused. Although I



*"... and this one is for small talk."*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

have been exposed to TB while incarcerated, I long ago recognized the futility of attempting to secure medical care in this environment. I am now wondering why these tests are not available to prisoners, since there are so many addicts and prostitutes confined. Would the Department of Correction then have to treat these inmates, or to segregate them? Perhaps these questions would be better addressed to the staff in the prison, but as many requests or questions are *never* answered, I was hoping you might clarify this for me.

Thank you for any time or consideration on this matter.

*Judith Welch Walker*
Indianapolis, Indiana

### Restored Pleasure

Thank you for rescuing my favorite publication. When it was discontinued years back, I felt almost as if I'd lost a member of my family, having lived most of my 90 years with it. I have an idea that many people who would pass up the health messages elsewhere will listen to you.

I especially want you to know how very much I admire you for not turning the front page into a cheapening billboard.

The *Post* is one of my greatest pleasures, being a partial "shut-in." And except for a rare exception, I read it from cover to cover.

If you have any product that would benefit members of my generation (there are about 200 of us here), please let us know. All—at least most—of us, are ambulatory—especially at mealtime.

Thank you again for giving back our beloved *Post*.

*June Halliday*
Zionsville, Indiana

### "The Right Choice" a Blessing

I am writing in regards to an article published in the May/June '88 issue of *The Saturday Evening Post* entitled "The Right Choice."

I am 19 and unmarried; I have a 5-month-old baby boy. It has not been easy and I have had to make major sacrifices, but I am so glad that I made "the right choice." He has truly been a blessing to me and my family.

I pray that this article will help other young girls in this situation consider the alternatives and think through the consequences before they make this life-changing decision.

Deciding to carry through with a pregnancy takes courage and lots of growing up! Whether the girl gives the child up for adoption or keeps the child, in the long run giving the child a chance to live is much more rewarding than taking the easy way out by terminating the pregnancy.

Thanks once again for printing this wonderful story of the blessings one can obtain by making "the right choice."

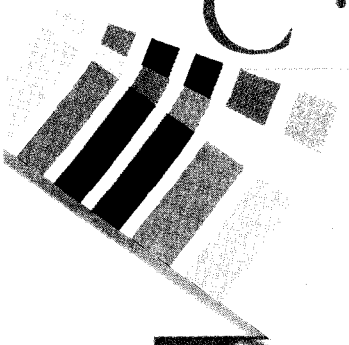
*Amy Stewart*
Lubbock, Texas

### This Business of Blood

I read your moving and touching story on Amy Sloan [Sept. '87 *Post*]. Her story is so tragic, and my heart goes out to her husband and her young, motherless son. I have been following you and now I am wondering if you are going to have the courage to continue to stand up where no one else dares to go.

From the report I saw on a local station concerning the donor that gave blood for Amy Sloan, he should never have been allowed to donate

C·O·L·O·R



Funny, the rooms in the decorating magazines don't look *anything* like the rooms in your house.

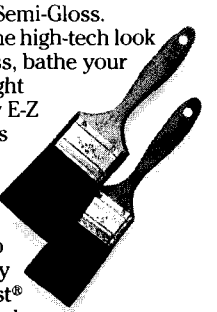
*Their* rooms always seem to glow with a designer's instinct for color and light. That's hard to create on a homeowner's budget.

E-Z Kare™ latex interior paint comes in four spatter-resistant formulas that clean up with soap and water!

And the Tru-Test® Custom Color System displays hundreds of shades.

Choose E-Z Kare™ Flat finish for velvety walls and woodwork. High-traffic areas need the scrubbable finish of E-Z Kare™ Flat Enamel or Semi-Gloss.

And for the high-tech look of high gloss, bathe your rooms in light reflected by E-Z Kare™ Gloss finish.



All four high-hiding formulas go on smoothly with Tru-Test® brushes. To decorate your home with beautiful color.

Just like the rooms in the magazines.

*Paint now. Pay later.*

Tru-Test and E-Z Kare are trademarks of Cotter & Company, Chicago, IL 60614

So when you're ready to decorate, visit the Tru-Test® paint specialist at your True Value Hardware Store.

And you'll bring home more than just great ideas.

TRU-TEST PAINTS
True Value HARDWARE STORES

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

The Store of First Choice

Tru-Test® Paints are sold exclusively by True Value Hardware Stores and Home Centers, which own their own paint factories. Look under "Paint—Tru-Test" in the Yellow Pages.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

For POST® Natural
Len Horne
on ettings
ou f life
"Takin
body,
is wh
in this
ZIP PAK
Natural
bran
FLAKES
WITH MORE THAN 40% BRAN
MANUFACTURER'S COUPON
OFFER EXPIRES 10/31/88
Save 40¢
on any size
This coupon good only on purchase of product indicated. Any other use constitutes fraud.
COUPON NOT TRANSFERABLE.
LIMIT—ONE COUPON PER PURCHASE.
To the retailer: GFC will reimburse you for the face value of the coupon plus 8¢ if submitted in compliance with GFC Redemption Policy C-1, incorporated herein by reference. Valid only if redeemed by retail distributors of our merchandise or anyone specifically authorized by GFC. Cash value 1/20¢ Mail to: General Foods Corporation, P.O. Box 103, Kankakee, IL 60902.
GENERAL FOODS CORPORATION
SAP0ST0810
27
5 43000 13140 9
GENERAL FOODS USA
© 1988 General Foods Corp. POST® is a registered trademark
*Tested against the leading brand.
Read
high
bran flake
Bran Flakes at their best.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

blood in the first place. Such negligence on the part of this center. He checked NO to question number three that asked, "Do you consider yourself to be in good health?" according to the donor-health questionnaire that the station displayed on its show. He was also on penicillin and pain medication. He later tested HIV AIDS positive. The blood center never released this information to the public.

If this blood center had followed its own criteria, even back in 1982, this man would have been deferred and Amy Sloan would be alive today and her family would not have to face a very cruel and tragic life without her. What future does Steven Sloan have? What future does his son have? Would you marry Mr. Sloan? Would you marry the son? These are just a few questions that need to be looked into.

I recently read your story about your son and his wife, and how you were able to select your "safe" donors for one of their newly arrived triplets [April '88 "Medical Mailbox"]. You said that you would be eternally grateful to Dr. Boral for making special arrangements for your daughter-in-law and the blood situation. What if your daughter had been Amy Sloan?

I know that this is asking a lot of a very busy person such as yourself. I only ask that you at least look into this tragic cover-up by this large and powerful blood center. If you could look into it, something might get done to stop this blood center from making any more tragic and fatal mistakes.

You are the only one as powerful and influential as they are. Do you really care about us, your readers, and the frightened public? Or will you only use your clout when it comes to family members?

I hope to read about this story in your magazine.

*Mr. and Mrs. George Quinns*
West Lafayette, Indiana

### Doctor Doing Well

Re: October 1986 issue, "Did This Doctor Cure His AIDS?" I just came across the above article and would like to know how this approach worked out. Any information that you send me will be appreciated.

*David Moss*
Sunbury, Pennsylvania

*Editor's note: We're happy to report that Dr. X is doing very well. He is seeing as many as 65 patients a day. He believes his AIDS infection occurred in 1982. His blood tests show much improvement. We are very pleased to report his continued progress. He tells us he is still on the lysine, tagamet, and acyclovir regimen.*

### Here's the Beef

Knowing the high quality of your magazine, I was very surprised at your placing the ad you did on page 107 of your May/June '88 issue.

This is an emotional ad filled with half-truths and innuendos for the purpose of raising money.

As a retired farmer who has raised livestock all my life, I know there are instances of animal abuse just as there are instances of human abuse, but this ad is ridiculous.

*Forrest H. Passer*
Wells, Minnesota

I was greatly disturbed when I saw the ad on page 107 of your May/June '88 issue. I have always considered the *Post* to be a very credible magazine as I am sure many others do.

However, my opinion is changed with the reading of the ad about the veal industry, sponsored by The Humane Farming Association, which was so obviously one-sided, derogatory, and misinformed.

I realize you were paid to publish that ad, but I feel it is detrimental to the credibility of your publication.

The livestock industry in this country is the most regulated in the world, and any producer who abuses his livestock is soon out of business since abused animals are not economically productive.

*Audrey Herioux*
Bark River, Michigan

*Editor's note: One of the more popular commercials on TV not long ago was "Where's the beef?" Well, we seem to have found it, as emphasized by these two letters.*

*We agree that people concerned about animal abuse are a sentimental lot and may go overboard on occasion. But we accepted the ad in good faith, hoping that if there were* any *instances of wrongdoing in readying veal calves for market, that ad might help change the minds of the perpetrators.*

### Barring Illness

I saw in *The Saturday Evening Post*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

your address to obtain information on the Epstein-Barr virus. In this article you published, it appeared to be listed with the sexually transmitted illnesses. That was a shock to me. I had not read that before. I hope I am not getting this information mixed up with some other. Would you please send me information on the Epstein-Barr virus?

*Berniece D. Skogsberg*
Caldwell, Idaho

*Editor's note: We're sending our past materials on this subject.*

### Strong Backhand

I was appalled by the article on Martina Navratilova in the March '88 issue of *The Saturday Evening Post*.

She may be a great tennis player, but her lifestyle of brazen lesbianism is offensive to anyone who believes in basic Christian morality.

In my opinion she doesn't belong in a magazine such as yours that seems to have promoted the traditional values.

Your magazine is not the magazine I want my 15-year-old daughter to read when you glorify such a woman.

*Mary Helen Coon*
New Castle, Delaware

### Sterling Note

Perhaps you did not know you had a reader in England. The *SEP* is sent me by an old friend near Baltimore. I have had to cut down on so many magazine subscriptions that always seem to fall January first.

Your wonderful ad paper is patriotic, conservative, nostalgic, old-fashioned, and even corny—just like me. The *SEP* stands out like a beacon in a sea of paper trash and long may you continue to do so. Your stories and articles are just what ordinary, decent, thinking people want. England today is flooded with garbage of every kind, but the *SEP* is nowhere on our newsstands.

It is a real pleasure to read you and may you brighten my hours for many years to come.

*Desmond Hartrey*
England

### Noteworthy

I read, enjoyed, and was touched by the articles on Ryan White, the hemophiliac who has AIDS, in your March '88 issue.

You see, I am also a hemophiliac, without AIDS, fortunately, and I found the articles very interesting, full of facts that the general public didn't know.

Like Ryan, I'm a 16-year-old high-school student. I don't know if you can, but if possible would you please send me an address that I can write to him at? I've included a self-addressed, stamped envelope.

Mainly, I would like to express my support of him and commend him for his perseverance and optimism.

Thank you for your time and for doing what you can to send me an address that I can write to him at.

*Rick Murphy*
Phoenix, Arizona

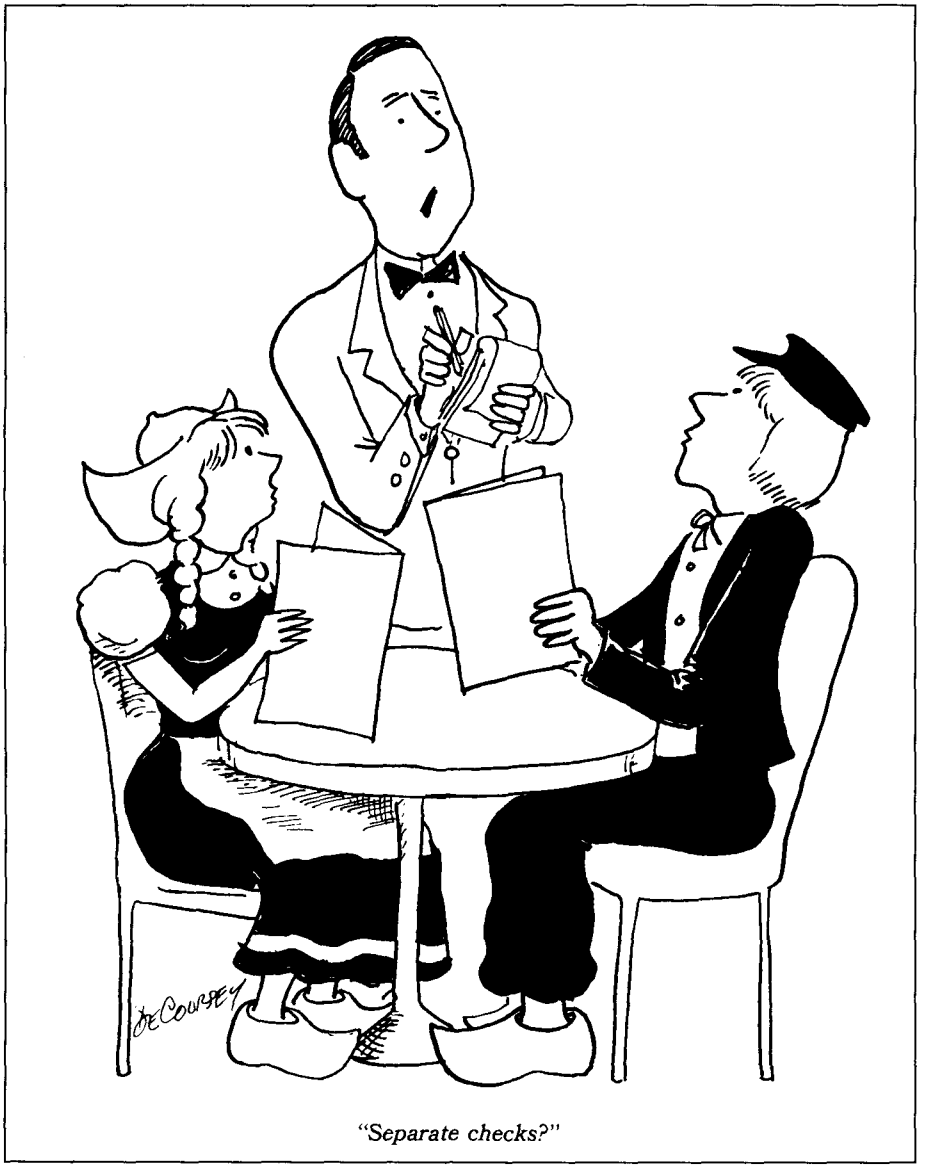
I recently read the March issue of your magazine, and I was really impressed with your article on Ryan White. I have read every article I can get my hands on about this kid, and I have found yours to be the best. I plan on continuing to follow his story, and I hope to see more on him from your magazine.

Out of all the magazines, I have not seen an address where he can be written, and I would really like to write him to let him know there are people up here also behind him all the way.

Is there an address that you could possibly send me where I can write him and he'll be sure to get it? I realize you probably can't send his home address, but any way to get in touch with him would do.

*Lori Weber*
Janesville, Wisconsin

*Editor's note: Please send your letters to Ryan White c/o* SatEvePost. *We'll forward them.*



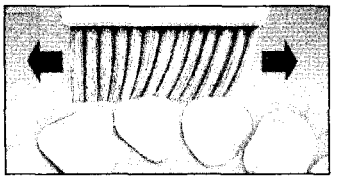

*"Separate checks?"*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Interplak attacks what your toothbrush leaves behind.

Interplak® from Dental Research Corp. is one of the most successful products ever introduced by The Sharper Image. This home brushing system effectively removes accumulated plaque—the primary cause of dental problems for adults.

Customers report that Interplak brightens their teeth, freshens their breath, and improves their checkups. Interchangeable brushes let everyone in the family brush with a single Interplak instrument.



*Conventional brushes skate broadly over tooth surface.*

*Rotating bristles remove plaque even between teeth, and below the gum line.*

Manual and electric toothbrushes use the same inefficient back and forth motion. Interplak's breakthrough is to replace the up and down movement of a brush with *rotation* of the bristles. Ten tufts of super-soft bristles rotate up to *4,200 times per minute*, reversing direction every one-and-a-half turns. The tufts scour off plaque and stains that conventional brushes "skate" over.

*Finally*, at the precise moment of reversal, the tufts fully extend for a split second. This thrusting action pushes the Interplak bristles deep between the teeth. Dislodging particles ordinary brushes can't reach.

The plaque your toothbrush leaves behind can lead to serious tooth and gum diseases. In fact, the American Academy of Periodontology says 100 million Americans now have periodontal (gum) disease—nearly a third in an advanced stage.

**"At last, my patients enjoy using a product we recommend."**

**—Dr. J.W. Blackman, III**
**Winston-Salem, NC**

Studies at Loyola University found Interplak left tooth surfaces 98.2% plaque-free—twice as effective as manual brushing. A University of Missouri study concluded, "Interplak . . . is superior to the manual brush in subgingival [below gum] and interproximal [between teeth] cleaning." Another clinical study of patients with orthodontic appliances found Interplak was also more effective in safely removing plaque and trapped food particles. (For a copy of the published results of eight clinical studies, call 800 344-5555.)

**"A technical breakthrough in home dental care."**
**—Dr. A. Kushner, Chicago, IL**

Moisten bristles with warm water, and use Interplak as you like: after a regular brushing. Several times a week. Once a day. Or, twice a day—in place of manual brushing. When the bristles become worn (after six months to two years), simply snap on a new head (order below).

This new grey model is available only from The Sharper Image. Automatically recharged at the base (plugs into wall outlet). On/off switch gives you three cleaning speeds. 10½" long, 1½" diameter, 8 oz. Comes with two interchangeable heads. One-year warranty. Choose grey or original white color.

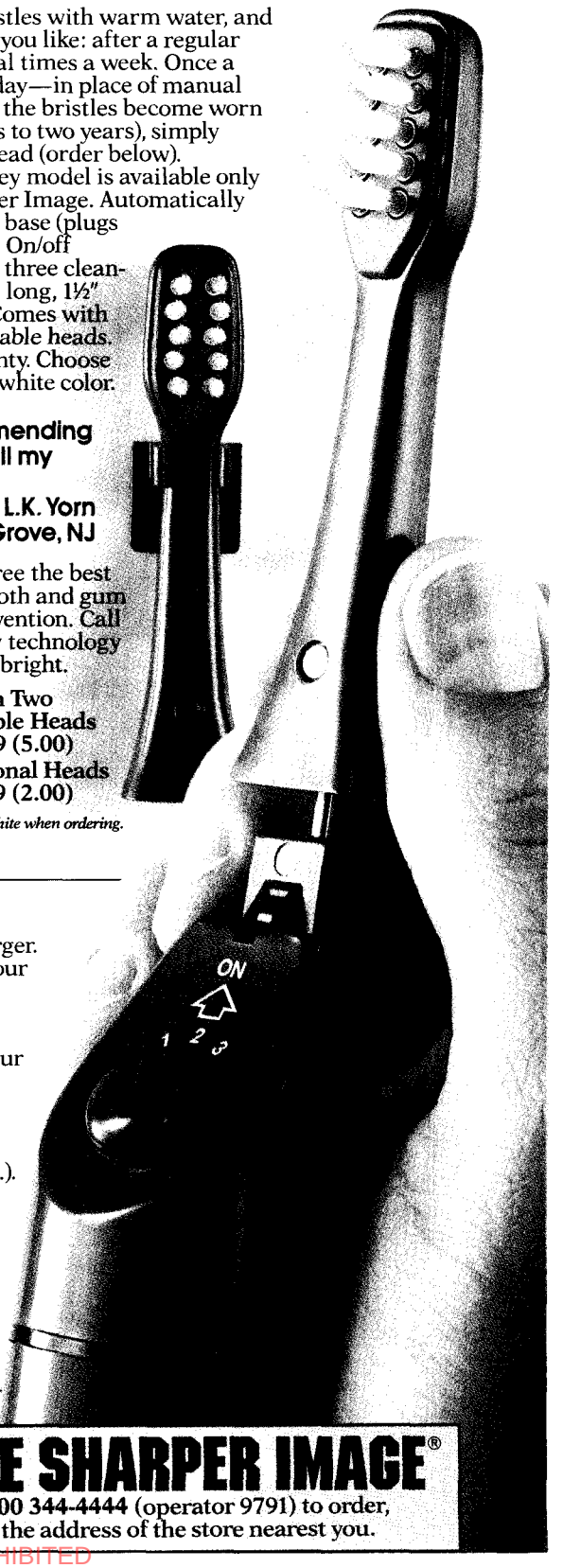
**"I am recommending Interplak to all my patients."**

**—Dr. L.K. Yorn**
**Cedar Grove, NJ**

Dentists agree the best treatment for tooth and gum problems is prevention. Call now and let new technology keep your smile bright.

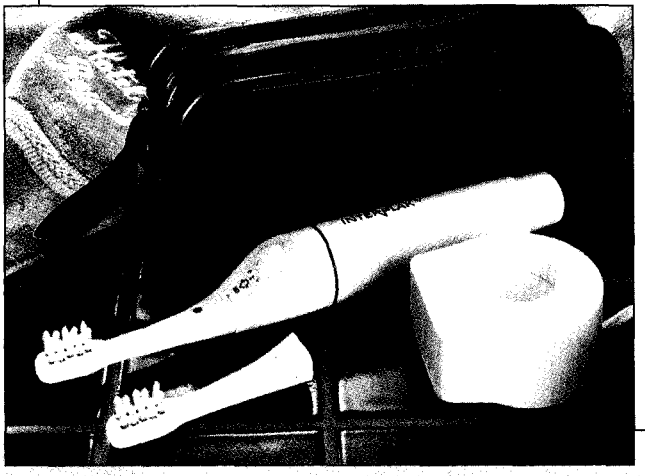
- **Interplak with Two Interchangeable Heads #MDR410 $99 (5.00)**
- **Pair of Additional Heads #MDR412 $29 (2.00)**

*Please indicate grey or white when ordering.*




## Now, Interplak travels with you.

This handsome leather case was custom-designed to hold an Interplak instrument and a new portable charger. One zippered compartment holds your Interplak and two interchangeable heads. The other pocket holds the included charger and your toiletry items. Sewn of Napa cowhide, lined in easy-care vinyl.



Measures only 9½L × 3½W × 3D" (2 lbs.). Charger (in white only) plugs into wall outlet. 60-day warranty. Available only from The Sharper Image.

- **Interplak Travel Case/Charger #MDR500 $39 (2.50)**

Interplak is Acceptable as an effective cleaning device for use as part of a program for good oral hygiene to supplement the regular professional care required for good oral health. Council on Dental Materials, Instruments and Equipment, American Dental Association.

*Interplak® is a registered trademark of the Dental Research Corporation.*

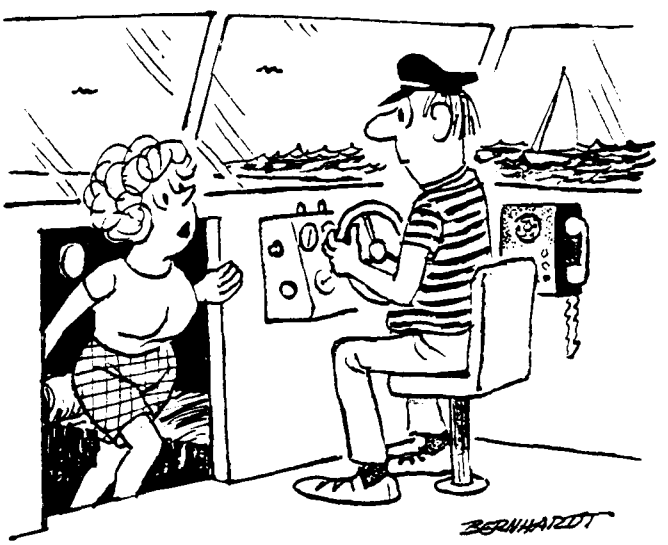
**THE SHARPER IMAGE®**
Call 800 344-4444 (operator 9791) to order, or for the address of the store nearest you.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# DRIVEN TO LAUGHTER

*"... the good news is that we now have a phone in the car."*

*"How big is the purse this morning, Ed?"*

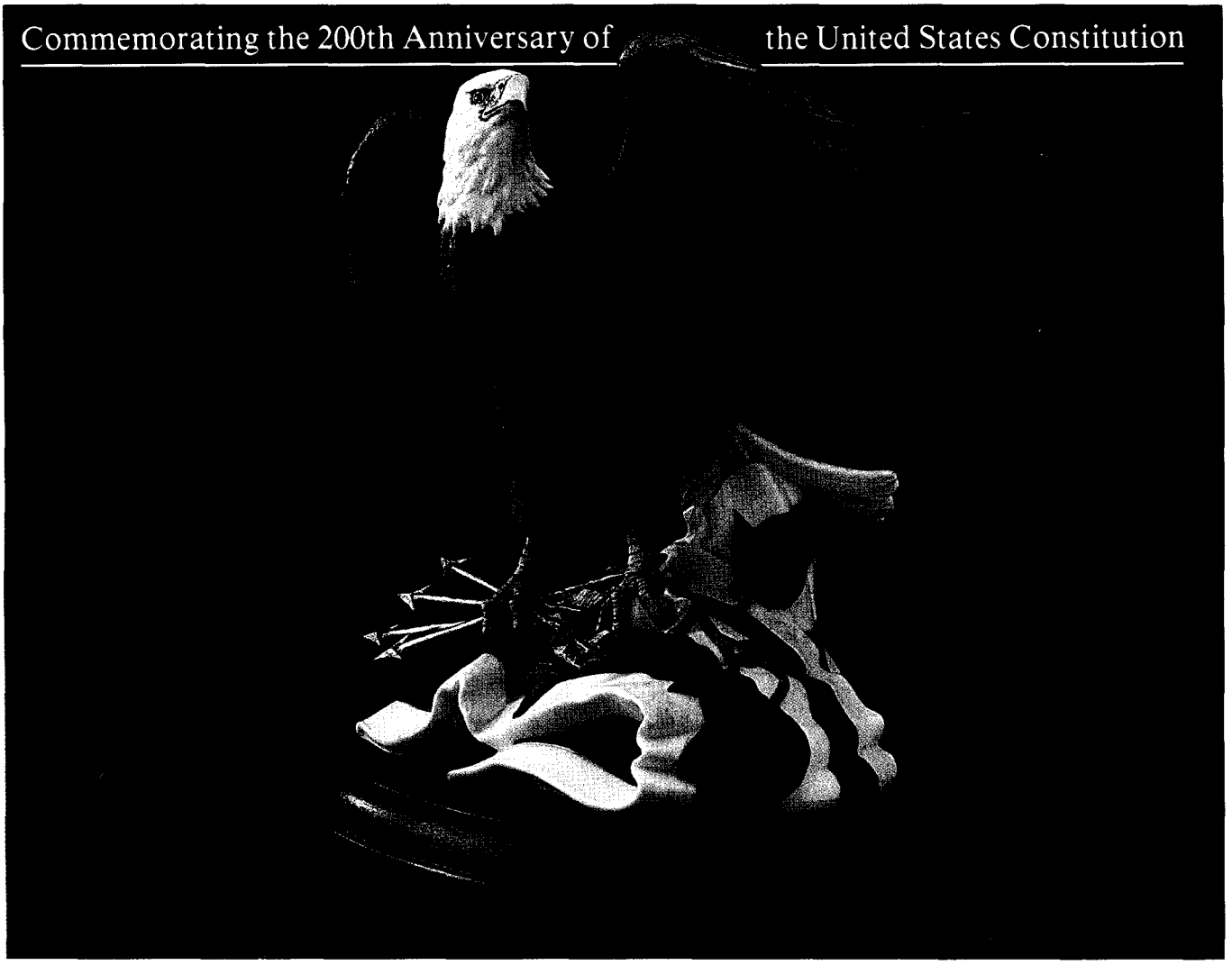



*"Call a plumber—the basement's full of water."*

*"Organ-donor card expired. . . ."*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Commemorating the 200th Anniversary of the United States Constitution



Shown smaller than actual size of 7¾ inches in height.

# THE • BICENTENNIAL • EAGLE

***Crafted of fine bisque porcelain, individually hand-painted. Officially authorized by "We the People 200." Edition limit: 9500.***

TWO HUNDRED YEARS AGO, the United States Constitution was signed . . . and our nation was born. Today, the Constitution still guides our nation and protects our liberties. And its 200th anniversary is being celebrated in every State of the Union.

In appropriate commemoration, "We the People 200" has officially authorized Grolier Collectibles Ltd. to create a masterpiece of fine porcelain sculpture — *The Official United States Constitution Bicentennial Eagle.* Issued in a strictly limited edition of 9500, this may well be among the most beautiful, most impressive and most desirable official commemoratives honoring this auspicious occasion.

With its great wings spread wide, this magnificent symbol of our nation stands tall and proud. Its outstretched legs hold a cluster of arrows and an olive branch, above the American flag. The detail is superb. The eagle is hand-cast of fine bisque porcelain, hand-assembled and individually hand-painted to the highest standards. It is mounted on a hand-finished hardwood base.

*The Bicentennial Eagle* will not be sold through even the finest stores or galleries. The original issue price is $95. © We The People 200, 1987

In view of the edition limit of 9500, it is suggested that you send your order promptly.

Clip and mail today.

*The Official United States Constitution Bicentennial Eagle*

Armchair Shopper
P.O. Box 130
Indianapolis, IN 46202

YES, please accept my order for *The Official United States Constitution Bicentennial Eagle,* crafted of fine bisque porcelain and painted by hand. I prefer to pay as follows:

☐ My payment of $95.00 (plus $2.50 for shipping and handling) is enclosed.

☐ BY CREDIT CARD. Please charge the full amount of $95* to my credit card: (plus $2.50 for shipping and handling)
☐ VISA ☐ MASTERCARD

Account Number _____

Expiration Date _____/_____

Signature _____

Please allow 8-12 weeks for shipment.
(* Indiana residents please add 5% sales tax.)

NAME _____
Please print clearly

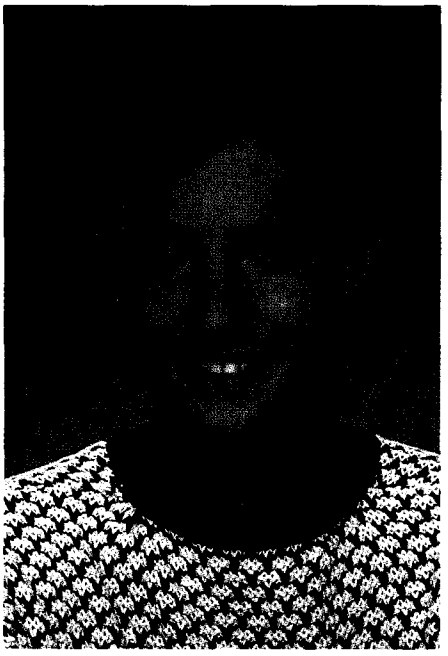
ADDRESS _____

CITY _____ STATE _____ ZIP _____

8E

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Post People



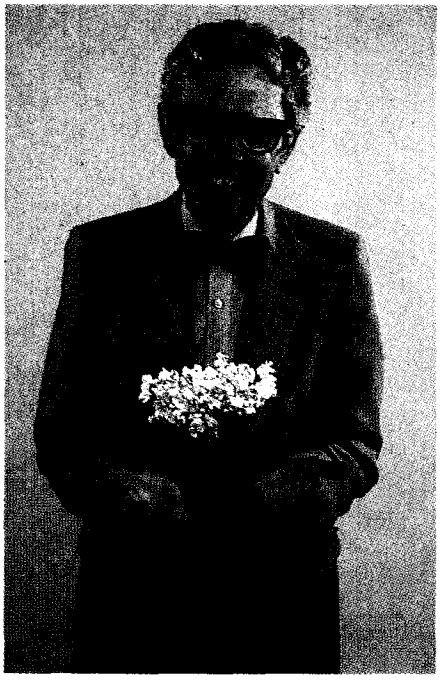
The figure skater ***Brian Boitano*** gave the performance of his life in Calgary last winter, and his skates have barely touched down since.

After a skating tour this spring, the gold medalist is ready to jump into new projects, including a guest appearance on ABC's sitcom "Perfect Strangers" and color commentating at the Summer Olympics in Korea. And he's hoping to open a long-dreamed-of restaurant in San Francisco soon. Boitano has also finally found time for romance. "Because of my work, I neglected to date," he says. "I'm dating now . . . I do want to share my life with someone."

Question: which came first, popcorn or ***Orville Redenbacher***? If popcorn goes back more than 40 years, it wins. Redenbacher's research in this fun-time snack began that long ago. And for his efforts Purdue University, his alma mater, has bestowed upon him an honorary doctor of agriculture degree.

"Purdue not only pioneered research in popping-corn hybridization, but they also helped begin my 'pop to the top' in the popcorn industry," Redenbacher says. A county agent and then farm manager, he established a diversified agricultural company in 1952 and marketed his popping corn by traveling around the country giving his pitch to store owners.

Although Redenbacher has sold the business, the 80-year-old Popcorn King continues to be the spokesman for the label that still bears his name.

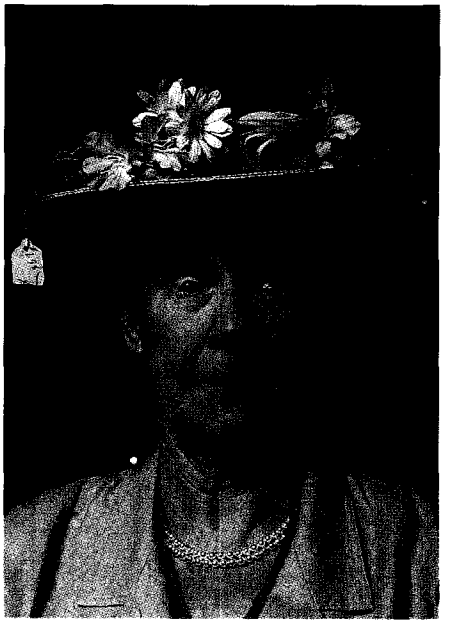


Yes, the ***Smothers Brothers*** are back on television—and on CBS. That network once pink-slipped them for using blue material, dished up by the likes of Steve Martin and Rob Reiner, instead of the red-white-and-blue funny stuff for all-family viewing. A lawsuit against CBS for breach of contract put the brothers in the green

to the tune of $776,000.

"We are far better performers now," Dick says, after their 20th reunion performance. Referring to their breakup in 1975—"out of boredom," although they were on the road ten months of each year—he says, "Our relationship is stronger than ever."

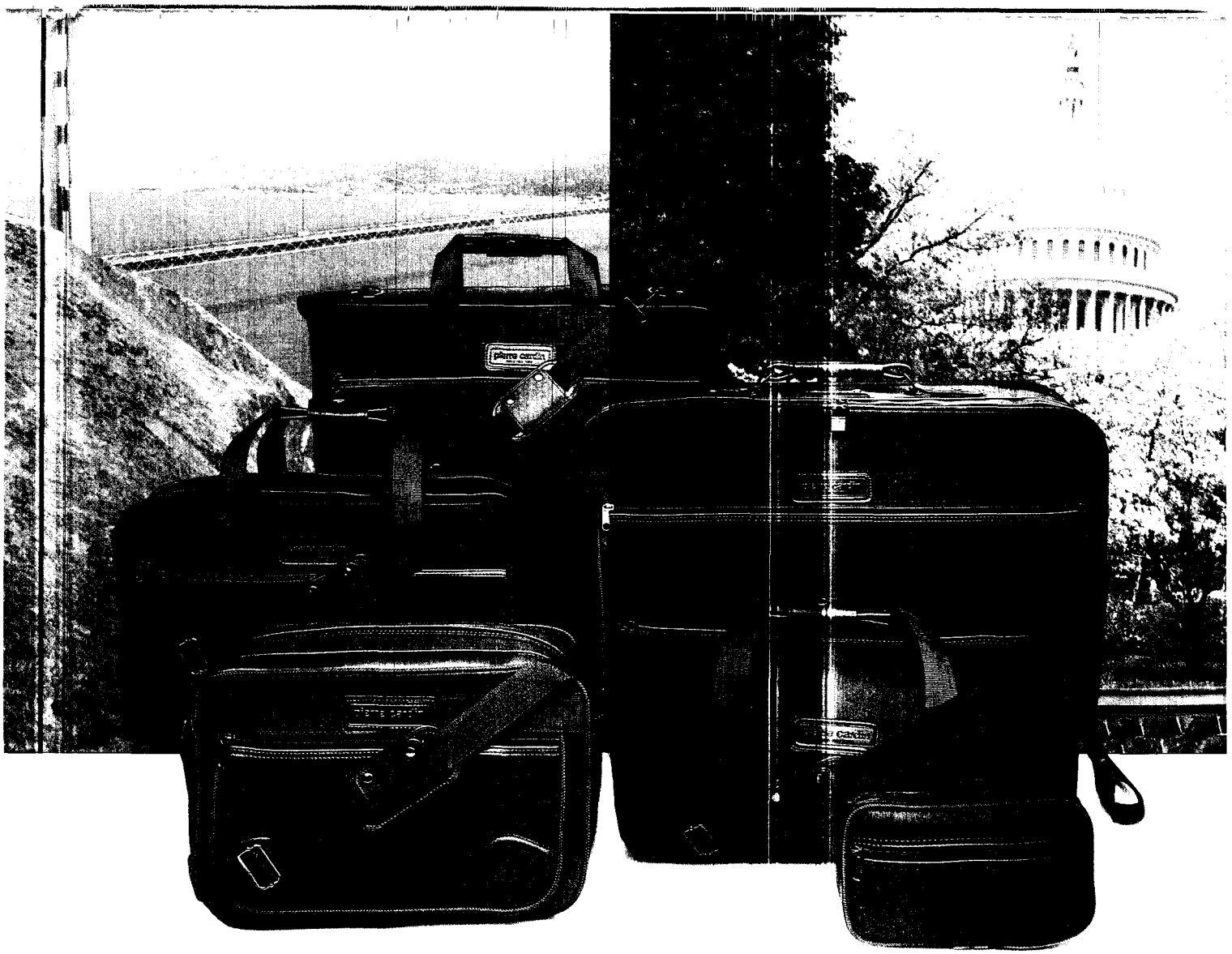
"We've had offers to do some other television," Tom says. "The important thing," Dick adds, "is to see if people still like us."



Charity circles and Nashville, Tennessee, society know her as Sarah Ophelia Colley Cannon, the wife of the retired pilot Henry Cannon, and the next-door neighbor to Tennessee's governor. Grand Ole Opry buffs know her better as ***Minnie Pearl***, the cornball comedienne from Grinder's Switch, "a town so small," she says, "you don't read the paper to find out who is doing what—you already know that—but to find out if they got caught." Besides tried and proven jokes, she is as well-known for her stage entrance shout of "Howdee!" and the ever-present $1.98 price tag dangling from a hat as old as her jokes.

What isn't as well-known is her involvement as a spokesperson and fund-raiser for various charitable and humanitarian organizations, the American Cancer Society being most blessed among the dozen or more she has assisted. "The hat tag may read $1.98," as someone has said, "but after nearly 50 years as America's best country comic, this old gal is priceless."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



# Travel First Class With pierre cardin

## A $230.00 Value For Only $99.99*

**Luggage Designed For All Your Travel Needs.**

The Pierre Cardin Luggage Collection is designed for convenience and performance, not just a handsome appearance.

The 45" steel-framed Garment Bag features 4 staggered hangers and an extra-wide gusset. So it's long enough for coats and evening gowns. And roomy enough for additional garments.

The 21" Weekender, with its zippered top, spacious interior and adjustable shoulder strap, makes any outing easier.

The 16" Tote easily holds all you need for the gym or overnight trips.

The 10" Travel Kit handily accommodates shaving gear or cosmetics.

And the 25" steel-framed Pullman, with wheels and a pull strap, is a welcome departure from unwieldy luggage. What's more, it neatly holds all the other pieces in the Collection, leaving you with just one bag to store.

As a bonus, you'll receive the handsome 19" matching Duffle Bag pictured below at no additional cost.

FREE BONUS! 19" Duffel Bag.

**PIERRE CARDIN LUGGAGE**
125 Armstrong Road, Des Plaines, IL 60018

**CALL TOLL-FREE 1-800-621-1203**
24 Hours A Day, Monday–Friday, Or Weekends Between 7 AM & 7 PM (CST).

**YES**—send me the Pierre Cardin 6-Piece Luggage Set including the free 19" Duffel Bag. I understand that if I am not completely satisfied, you will issue a full refund.

| Qty. | Description | Price (Ea.) | Total |
|---|---|---|---|
| | *Pierre Cardin 5-Piece Lightweight Luggage Set Plus* The Matching Duffel | $99.99* | |
| | | *plus $7.95 ea. for shipping and handling | |
| | | N.J. residents add 6% Sales Tax | |
| | | Grand Total | |

All orders subject to credit approval.
**Note:** Please allow 3-4 weeks from receipt of your order for delivery.

☐ Check or money order payable to Pierre Cardin Luggage in the amount of $_____

Charge my ☐VISA ☐Mastercard ☐American Express ☐Diners Club ☐Carte Blanche ☐Discover

Account #_____

Expiration Date_____

Signature_____
(valid only with proper signature)

Name_____

Address_____

City/State_____ Zip_____

Telephone(_____)_____

PIC/MARTEC 345 489/7XX © Martec 1988

**Check Color**

☐ Burgundy (F90) ☐ Grey (F91) ☐ Blue (F92)

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

*There's plenty of dissension when persnickety residents object to their town's handle, such as Bedbug, Dead Dog, Henpeck, or even Chagogagochabunagungamaug.*

*Illustrated by Don Trawin*

When people get fed up with the names of their towns, stand back. It's even worse than arguing sports or politics, and it can divide the closest of friends and families into opposing factions. Recent battles over new town names have taken place in Hamilton, Ohio; Westhaven, Illinois; and Shirley, New York.

City fathers in Hamilton decided their town needed more oomph, so they suggested renaming it Hamilton!, Ohio. They thought that the exclamation point would be just enough pizazz to attract business. But most folks voted against it with a definite no! at the polls.

The citizens of Westhaven, Illinois, decided their town was no haven—especially because of a recent political scandal—and voted in favor of a change to Orland Hills. But new complaints soon cropped up. Dissenters said there were no hills in the town.

Perhaps the most vociferous battle took place on Long Island when word got out that the community of Shirley, New York, was scheduled to be renamed either Brookhampton or New Hampton. Two opposing groups formed: the Committee to Rename Shirley and the Committee to Keep Shirley Shirley. Folks in favor of a change suggested Floyd Harbor, ignoring possible confusion with the community of Lloyd Harbor, also on Long Island. Dissenters who pointed out that Shirley has no harbors were reminded that there are some nearby, which apparently was close enough, and anyway, they said, the William Floyd Parkway runs through Shirley.

William Floyd was a signer of the Declaration of Independence. But he lived in Mastic Beach, near Shirley. And Shirley, by the way, started out in the 1930s as Mastic Acres, because it was near Mastic Beach. But in 1952 Mastic Acres was changed to Shirley because of Walter T. Shirley, a developer. People liked him because he bought the community a post office. Well, he didn't actually buy it. You can't go to Sears and buy a post office, but he did donate a parcel of land and put up the money for a building to keep stamps out of the rain, and folks thought it would be fitting and proper to rename the town after him, so they did and no one complained until 35 years later. They finally settled their differences at the ballot box, and the community is still called Shirley.

This kind of dissent is nothing new. Even when the Indians were running this country, there was dissension about community names. Indian placenames have plagued people all over the United States. Consider a community in Massachusetts whose original name meant: "You fish on your side. I'll fish on my side. No one fish in middle." It was one word: Chagogagochabunagungamaug. They finally renamed the town Webster.

When the first Dutch settlers arrived on what would become Long Island, they began changing names, much to the chagrin of the Delaware Indians of the Algonquin family, who roamed what they called the Territories of the Long House. But the Indians themselves often changed place-

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

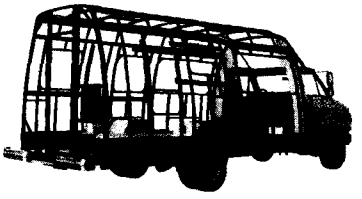
# Champion... You Should See Us Now!

## A totally new motor home concept...experience TelStar by Champion

From the beginning it was a dynamic concept: blend the most advanced space-age technology and design into a motor home, give people all the comfort and spaciousness of a class-A RV with the sleek styling and handling of a class-C, result...Champion's new TelStar motor home.

Experience TelStar's advanced construction. It features all-around steel cage, Steel-Gard, framing, not wood or aluminum. Plus, state-of-the-art composite fiberglass with unique insulating bonding foam for strength, durability and comfort.

Experience TelStar's eight self-contained floor plans. They come in four lengths (20', 23', 25', 27') and keep you and your needs in mind. Plus, you'll have standard features that are optional on most other motor homes, or not available at all!



Experience TelStar! — space age technology and design, with down-to-earth practicality and price.

Steel-Gard

CHAMPION
MOTOR COACH INC.
5573 North St. • Dryden, MI 48428
1-800-338-0441

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

names because they were crafty and suspicious of each other, and it was a jungle out there.

The Dutch settlers, having no truck with odd-sounding Indian names, but not wanting to disturb the ambience, changed spelling only slightly to more pronounceable names, such as Massapequa and Merrick. The Dutch had a little trouble with Acombamack, so it became Bellport.

Assawanama eventually became known as Huntington. And in the 1800s a community was called Huntington South simply because it was directly south of the village of Huntington, situated on the north shore. But people in Huntington South became restless for their own identity and demanded a name change. Historical records show that residents gathered one night at a local meeting house and soon got into a spirited and heated discussion over a new name. One man kept standing up in the middle of the chaos to shout repeatedly, "We must have amity here! Amity!"

They called the man a bigmouth and told him to shut up already, and he left in a huff. After calm was restored, they reached a decision and renamed the village Amityville. Records, unfortunately, don't indicate who the mentor was, because he was offended and moved to another community.

Many years ago in the town of Victoria, Arkansas, folks wanted to rename their community, so they held a meeting in Strong's Hardware Store, and today the city is known as Strong. Well, neither Hardware nor Store seemed appropriate, no one else had a better suggestion, it was getting late that night, and everyone wanted to go home.

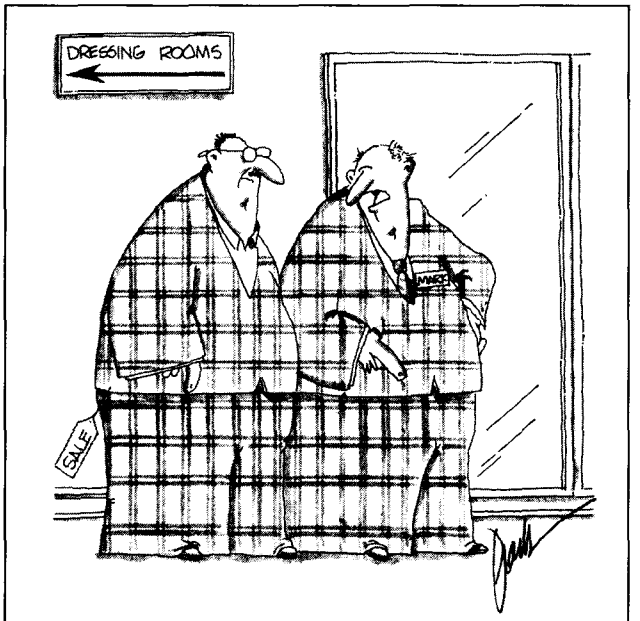
In 1893, the refined people settling in a patch of Vermont called Sodom objected to the name. One man, who circulated a petition demanding a name change, was described as particularly adamant. And in 1905 officials named the local settlement Adamant.

One town in California, settled in 1848, went through several name changes, including Dead Dog and Bedbug. Someone obviously remembered the heroine in *The Last Days of Pompeii,* and the town had a new image as Ione. In a community in Texas someone apparently read Shakespeare's *Othello* and renamed the town Iago.

Wytopitlock, Maine, may look unpronounceable. But it becomes easy to say when you find out that the town was named after a widow named Pitlock. People kept saying, "I'm going to see the widow Pitlock."

One day in 1967 a few people in East Northport, New York, feeling particularly cranky, decided that their community ought to go back to the original name it had until 1909: Larkfield. They said one reason to change back to the old name was that one of the main streets is Larkfield Road. And anyway, they said, East Northport isn't really east of Northport, it's south. Continuing that logic, another asked, "Why not change it to South Northport?" and someone else came up with Southport. But then the purist among the group pointed out that all those souths would be too confusing, because they live near the north shore. Peoria was also ruled out, because some folks in Illinois were using that name at the time (and in fact still are, so apparently that name really caught on). But the Larkfield contingent failed and it's still East Northport.

In March 1986, President Reagan said, "I've had it up to here with bankers. They're sitting on their keisters when they should be lowering interest rates."




*"An excellent choice, sir!"*

Well, that didn't sit too well with the residents of Kiester, Minnesota. Officials of the town sent word to the White House that the word keister doesn't always apply to one's anatomy. Besides, they pointed out, the town's name is spelled differently. Someone suggested changing the name, but the residents said no, they would just have to continue being the butt of jokes.

The residents of Henpeck, Illinois, apparently tired of explaining that the community was named not for a husband with a tyrannical wife, but after a prominent citizen, Henry Peck. By 1883 they had come up with Oblong. Don't ask why. By the way, Oblong is in the same state as Normal, and a recent newspaper headline in those parts was: "Normal Man Marries Oblong Woman."

But don't get the impression that people everywhere are dissatisfied with the names of their towns. There are many places around America where people are content and quite proud of those names, thank you very much.

If you're drowsy in Sleepy Eye, Minnesota, you could rest in Stopover, Kentucky, and snooze at Goodnight, Texas, or in Ten Sleep, Wyoming.

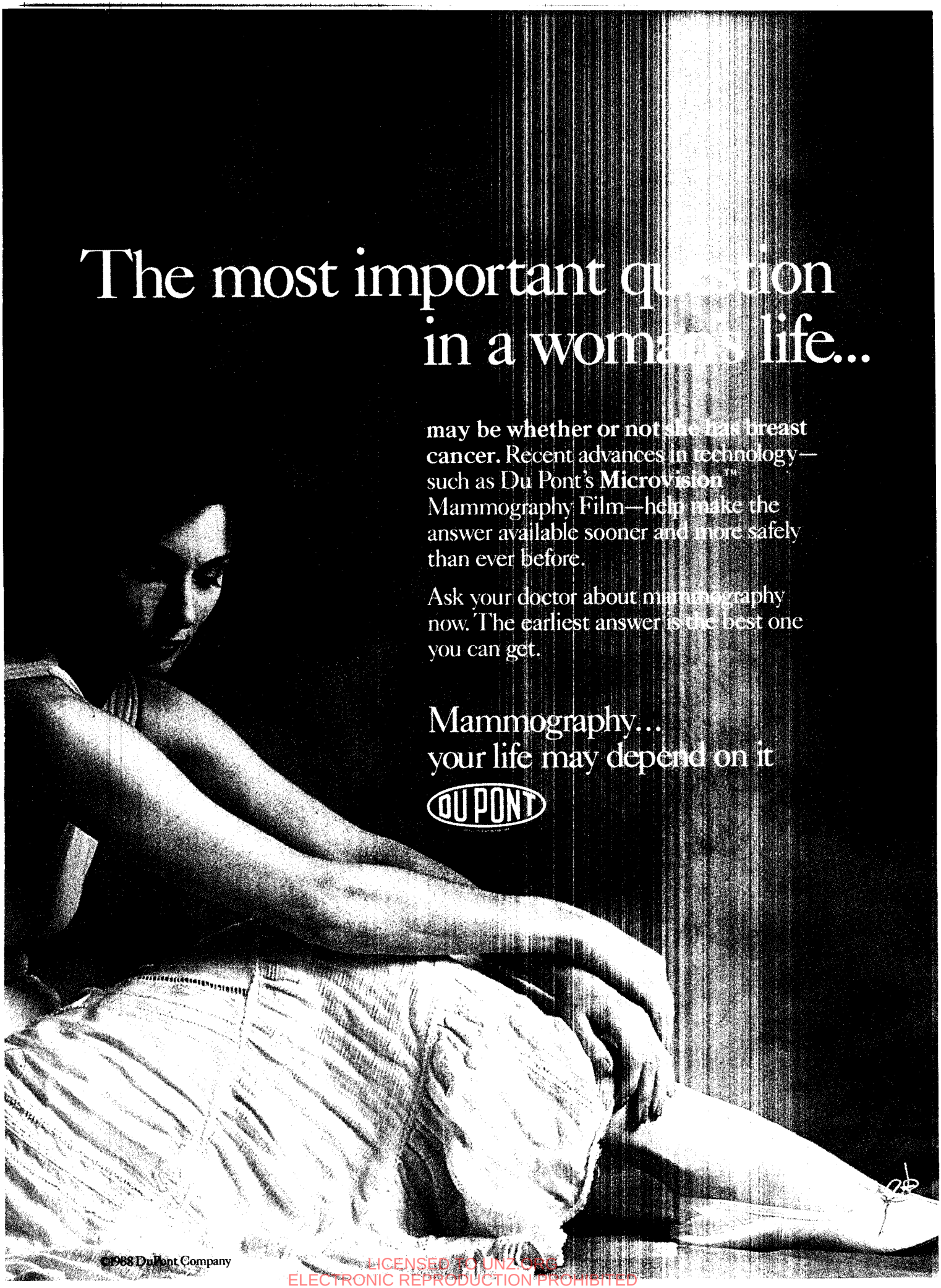
Visit Tomato, Arkansas, before you drop into Turkey, Texas, and then Sandwich, Massachusetts.

Someone in Friendly, West Virginia, must have a pal in Friend, Nebraska, and he could go to Smile, Kentucky, or Smiley, Texas. Then it's on to Fair Play, Missouri, and Happy Jack, Louisiana. They can all meet in Harmony in either California, Minnesota, or Pennsylvania.

In the 1800s there was a community in California known as Eagle Creek. But since 1882 people there have been saying, "Oh, no. This is now Ono." Oh, and let's not forget Ono, Pennsylvania. One wonders if Yoko Ono would consider living in one of those towns.

At long last, at the tail end of our journey is Utopia, Texas. The folks there most likely do know the way to San Jose, and surely to Shirley, Floyd—if you're still looking for a safe harbor.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED


The most important question in a woman's life...
may be whether or not she has breast cancer. Recent advances in technology—such as Du Pont's Microvision™ Mammography Film—help make the answer available sooner and more safely than ever before.
Ask your doctor about mammography now. The earliest answer is the best one you can get.
Mammography...
your life may depend on it
DU PONT
©1988 DuPont Company

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# HERE'S-TO-YOUR-HEALTH MUFFINS

*Mix them up ahead; then pop them into the microwave for a quick addition to meals, or a nutritious snack.*

by Jacquelyn Nyenhuis

If you've been dissatisfied with microwave baking, these delicious high-fiber muffins are sure to change your mind. They've passed muster with my husband, my relatives, and my fellow Southerners, for whom tampering with traditional recipes is like stomping on hallowed ground.

Why bake muffins in the microwave rather than the conventional oven? Because microwave muffins are quick and easy. They bake in less than three minutes. Mixed and refrigerated the evening before, they can be popped into the oven in the morning for a quick, nutritious breakfast along with your favorite hot drink and juice.

High-fiber muffins bake light and fluffy, and because microwaving causes batter to rise naturally, less baking soda is required, meaning less salt in the muffins.

For variety, try your own fruit-and-fiber combinations; the following recipes will give you an idea of the many possibilities. If you have any microwaving problems, write to me in care of *The Saturday Evening Post*.

**Carrot-Bran Muffins**
*(Makes 1 dozen)*

*¾ cup vegetable juice*
*1 cup bran-cereal flakes*
*1½ cups finely shredded carrots*
*¼ cup raisins*
*1 egg, beaten*
*2 tablespoons vegetable oil*
*¼ cup packed brown sugar*
*1 cup all-purpose flour*
*1 teaspoon baking powder*
*½ teaspoon soda*
*½ teaspoon ground cinnamon*
*¼ teaspoon ground nutmeg*

In medium bowl, combine vegetable juice, cereal, carrots, and raisins; let stand 5 minutes. Add remaining ingredients; stir until just mixed. Place 2 paper liners in each cup of micro-

**If the thought of fixing breakfast is what keeps you in bed, easy-to-make microwave muffins can help you rise and shine (Carrot-Bran Muffins, recipe at left).**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

wave-safe muffin ring or 6 custard cups. Fill cups ½ full with batter. Microwave, 6 at a time, uncovered, at High (100%) 2½ minutes or until toothpick inserted in center comes out clean; rotate or rearrange once during cooking. Repeat steps with remaining batter.

**Whole-Wheat Sweet-Potato Muffins**
*(Makes 24 muffins)*

*¾ cup cooked sweet potatoes*
*2 eggs*
*½ cup honey*
*½ cup brown sugar*
*1½ cups whole-wheat flour*
*1 teaspoon pumpkin-pie spice*
*½ teaspoon baking powder*
*½ teaspoon soda*
*½ teaspoon salt*
*½ cup chopped pecans*

Combine sweet potatoes, eggs, honey, and brown sugar; mix until smooth. Stir in flour, spice, baking powder, soda, and salt. Spoon into paper-lined muffin cups; fill ¾ full. Sprinkle with chopped pecans. Microwave 6 muffins at a time at High (100%) 2-2½ minutes or until no longer doughy.

**Granola Muffins**
*(Makes 1½ dozen)*

*1¾ cups flour*
*1¾ cups granola*
*½ cup brown sugar*
*1 teaspoon baking powder*
*¼ teaspoon soda*
*¼ teaspoon salt*
*1 egg*
*1 cup buttermilk*
*¼ cup melted margarine*

Combine flour, granola, brown sugar, baking powder, soda, and salt. Stir in egg, buttermilk, and margarine just until dry ingredients are moistened. Spoon batter into paper-lined muffin pan; fill ¾ full. Microwave 6 muffins at High (100%) 1½-2 minutes or until no longer doughy.

**Pineapple Muffins**
*(Makes 1 dozen)*

*½ cup oatmeal, uncooked*
*½ cup bran-cereal shreds*
*½ cup skim milk*
*¼ cup unsweetened applesauce*
*¼ cup crushed pineapple, drained*
*⅓ cup brown sugar*
*¼ cup vegetable oil*
*1 egg*
*⅔ cup flour*
*½ teaspoon baking powder*
*¼ teaspoon soda*
*¼ teaspoon salt*
*½ teaspoon cinnamon*

Combine oatmeal, bran, skim milk, applesauce, and pineapple in small mixing bowl; let stand 5 minutes or until all of liquid is absorbed. Stir in sugar, oil, and egg. Add flour, baking powder, soda, salt, and cinnamon; mix just until moistened. Spoon into paper-lined muffin cups; fill ¾ full. Microwave muffins at High (100%) 2-2½ minutes or until no longer doughy.

**Banana Oat-Bran Muffins**
*(Makes 10 muffins)*

*1¼ cups oat bran*
*¼ cup raisins*
*2 tablespoons dark brown sugar*
*1 teaspoon baking powder*
*¼ teaspoon salt*
*¼ cup mashed ripe banana*
*½ teaspoon vanilla*
*½ cup skim milk*
*1 egg*
*1 tablespoon vegetable oil*
*2 tablespoons sugar*
*½ teaspoon cinnamon*

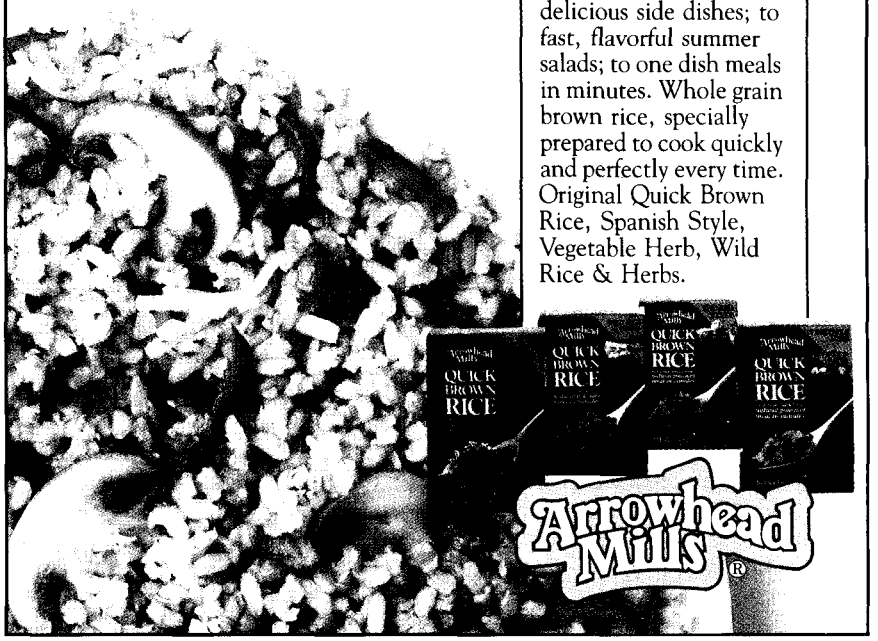
Combine bran, raisins, brown sugar, baking powder, and salt. Stir in banana, vanilla, milk, egg, and oil. Mix just until moistened. Spoon batter into paper-lined muffin cups; fill ¾ full. Microwave at High (100%) 2-2½ minutes or until no longer doughy. Sprinkle lightly with mixture of sugar and cinnamon.

### *Microwave Baking Hints*

- Use two muffin-cup papers for each muffin to help absorb moisture and ensure better muffin texture.
- Use a muffin pan with vents (bottom holes) to allow steam to escape and prevent doughiness.
- Bake no more than six muffins at one time; otherwise, baking time must be increased.
- Sprinkle the muffins with chopped nuts, sunflower seeds, cinnamon, toasted coconut, or dried currants before baking for even more flavor and a better appearance.


Natural Gourmet Meals in Minutes.

From light, fluffy and delicious side dishes; to fast, flavorful summer salads; to one dish meals in minutes. Whole grain brown rice, specially prepared to cook quickly and perfectly every time. Original Quick Brown Rice, Spanish Style, Vegetable Herb, Wild Rice & Herbs.





LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# WINE AND WINOS: THE MISERY MARKET

*Winos are a major embarrassment to big companies producing the cheap wines bought by down-and-out drunks.*

**by Alix M. Freedman**

In the dim light of a cold February morning, a grizzled wino shuffles into the Bowery Discount liquor store muttering, "Thunderchicken, it's good lickin'." Fumbling for some change, he says: "Gimme one bird." Raymond Caba, the store clerk, understands the argot and hands over a $1.40 pint of Thunderbird, the top seller in what he calls "the bum section."

The ritual is repeated a thousand times a day in dead-end neighborhoods across the country. Cheap wines with down-and-dirty names—and an extra measure of alcohol—are the beverage of choice among down-and-out drunks. But winos are an embarrassment to the big companies that manufacture these wines. With rare exceptions, they aren't eager to acknowledge their own products.

Thunderbird and Night Train Express are produced by the nation's largest wine company, E. & J. Gallo Winery, though you'll not learn that from reading the label on the bottle. MD 20/20 is made by Mogen David Wine Corporation, a subsidiary of Wine Group Limited, which refuses to talk about its product. Richards Wild Irish Rose Wine, the very best seller in the category, is produced by Canandaigua Wine Company.

Reprinted with permission of the *Wall Street Journal*
© 1988; Dow Jones Co., Inc. All rights reserved.

Canandaigua is volubly proud of the wine but quick to point out that it enjoys wide popularity with people who aren't alcoholics.

### The Biggest Bang

People concerned about the plight of street alcoholics are critical of the purveyors of dollar-a-pint street wines made with cheap ingredients and fortified with alcohol to deliver the biggest bang for the buck. At 18 percent to 21 percent alcohol, these wines have about twice the kick of ordinary table wine, without any of the pretension.

The consumption of alcohol in the United States *is* declining in virtually every category, but the best-selling of the low-end brands keep growing, in large part because customers can't stop drinking. Says Paul Gillette, the publisher of the *Wine Investor* in Los Angeles: "Makers of skid-row wines are the dope pushers of the wine industry."

Vintners generally try hard to filter their wines through the imagery of luxury and moderation, stressing vintage, touting quality. So they are understandably reluctant to be associated in any way with what some call a $500 million misery market.

Suppliers deny that the most popular street wines sell as well as they do because they appeal to dirt-poor, hard-core drinkers. Companies contend that their clientele is not like that at all, and besides, any alcoholic beverage can be abused. The wine people say they face stiff competition from high-alcohol malt liquor and 200-milliliter bottles of cheap vodka. The future for the high-proof business, vintners say, isn't particularly rosy in any case. The wine category they call "dessert" or "fortified"—sweet wines with at least 14 percent alcohol—has lost favor with drinkers.

### Markedly Profitable

Wino wines are inexpensive to produce. They come in no-frills, screw-top packaging and require little or no advertising. Although they generally aren't the major part of vintners' product lineups, they are especially profitable. All told, net profit margins are 10 percent higher than those of ordinary table wines, Canandaigua estimates. Gallo says that isn't true for its products, but it won't say what is true.

The wines are also a rock-solid business. Of all the wine brands in America, the trade newsletter *Impact* says, Wild Irish Rose holds the No. 6 spot, Thunderbird is 10th, and MD 20/20 is 16th. In contrast to the lackluster growth of most other wine brands, unit sales of the leading cheap labels, Wild Irish Rose and

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Thunderbird, are expected to be up 9.9 percent and 8.6 percent respectively this year, *Jobson's Wine Marketing Handbook* estimates.

So unsavory is this market that companies go to great lengths to distance themselves from their customers. If suppliers are willing to talk about the segment—and few are—they still don't acknowledge the winos' loyal patronage. Gallo and Canandaigua leave their good corporate names off the labels, thus obscuring the link between product and producer.

### The "No-Name Market"

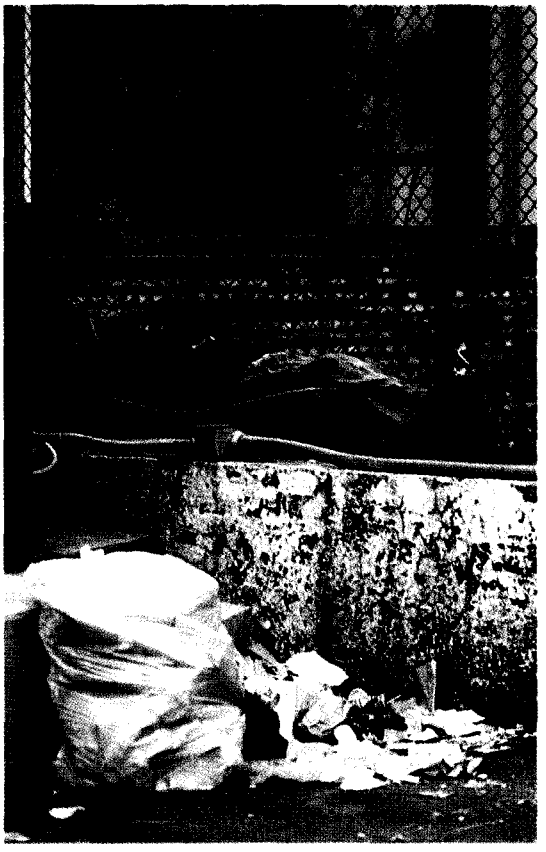
"This is the market with no name," says Clifford Adelson, a former executive director of sales at Manischewitz Wine Company, which once made low-end wines. It was recently acquired by Canandaigua. "It's lots and lots of money, but it doesn't add prestige."

Cheap wines typically aren't even sold in many liquor stores. For instance, Frank Gaudio, who owns the big Buy-Rite Twin Towers Wine & Spirits store in New York's World Trade Center, doesn't stock any of these brands, though many homeless alcoholics spend their days just outside his door. "We don't want that clientele in our store," he says. "We could sell [fortified wines] and probably make money, but we don't." The wines, however, are staples of the bullet-proof liquor stores of low-income neighborhoods. Although you can't say the whole market for items like Thunderbird and Night Train consists of derelicts, down-and-outers do seem to be its lifeblood. Fifty current and reformed drinkers interviewed for this article claim to have lived on a gallon a day or more of the stuff.

"The industry is manufacturing this for a select population: the poor, the homeless, the skid-row individual," says Neil Goldman, the chief of the alcoholism unit at St. Vincent's Hospital in Manhattan's Greenwich Village.

• • •

Dawn finds a small bottle gang near the Bowery, chasing away the morning shakes with a bottle of Thunderbird they pass from hand to hand. Mel Downing tugs up the pant leg of his filthy jeans to reveal an oozing infection on his knee. He is drinking, he says, to numb the pain of this "wine sore" and other ones on his back before he goes to the hospital later in the morning. "We're used to this stuff," the 39-year-old Mr. Downing quickly adds. "We like the effect. We like the price."



A cheap drunk is the main appeal of the wines that winos call "grape" or "jug," but most often just "cheap." Winos say that these wines, even when consumed in quantity, don't make them pass out as readily as hard liquor would.

Walter Single, a recovering alcoholic, recalls that on a daily diet of nine pints of Wild Irish Rose, he was still able "to function well enough to panhandle the money he needed to drink all day and still have enough left for a wake-up in the morning."

### Obviating the Need to Eat

Some drinkers say the high sugar content of the wines reduces their appetite for food, so they don't have to eat much. Others say they can still drink wine even after their livers are too far gone to handle spirits. Still others appreciate the portability of pint bottles.

"I feel more secure with a pint," explains Teddy Druzinski, a former carpenter. "It's next to me. It's in my pocket." Canandaigua estimates that low-end brands account for 13 million gallons of the dessert category's 55 million gallons and that 50 percent is purchased in pints.

Many people in the wine industry eschew producing skid-row wines. "I don't think Christian Brothers should be in a category where people are down on their luck—where some may be alcoholics," says Richard Maher, the president of Christian Brothers Winery in St. Helena, California. Mr. Maher, who once was with Gallo, says fortified wines lack "any socially redeeming values."

"The consumers are we alcoholics," agrees Patrick Gonzales, a 45-year-old wino who is undergoing a week of detoxification at a men's shelter on New York's Lower East Side. "You don't see no one sitting at home sipping Mad Dog [MD 20/20] in a wine glass over ice."

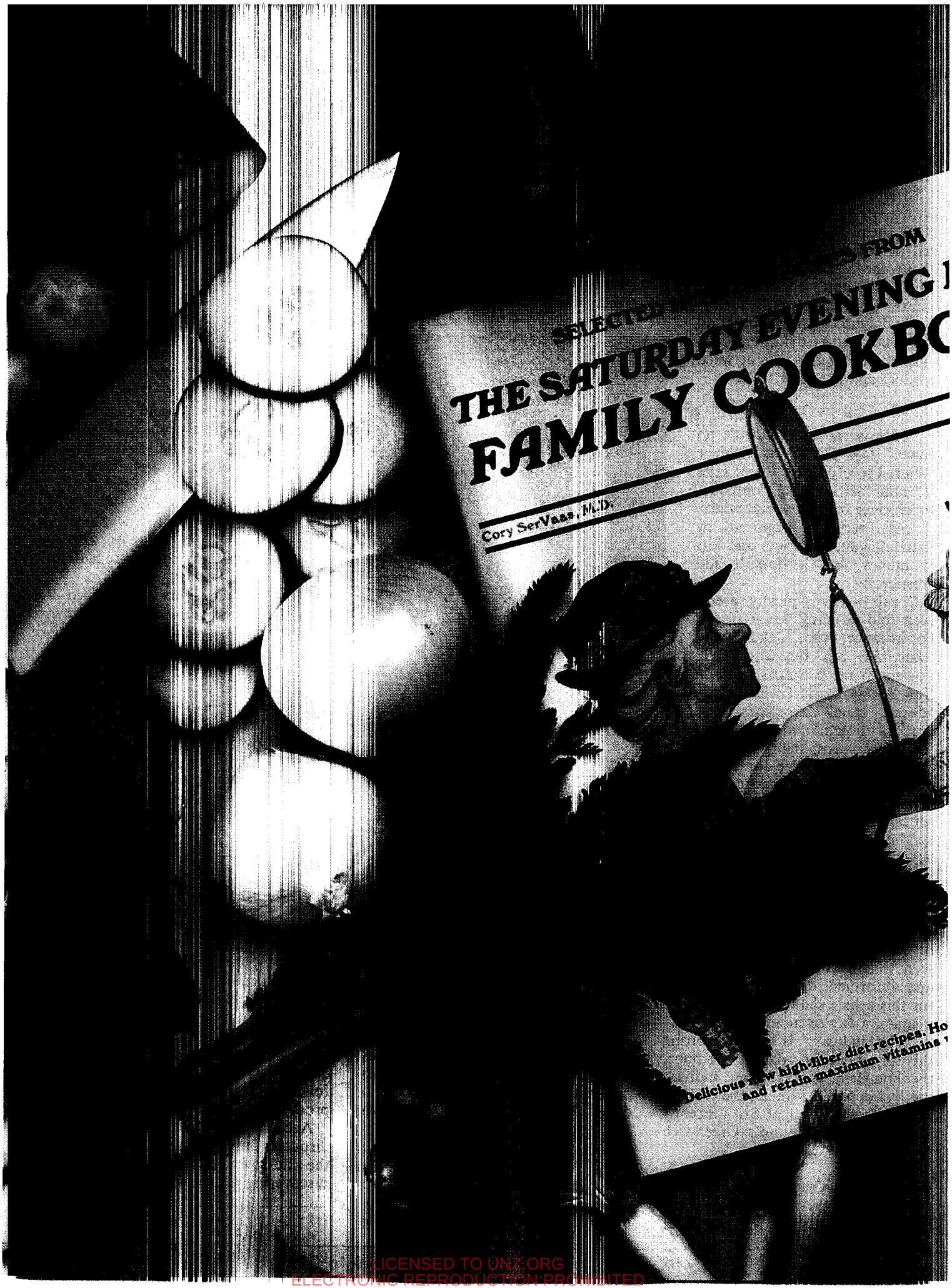
Major producers see their customers otherwise. Robert Huntington, the vice president of strategic planning at Canandaigua, says the Canandaigua, New York, company sells 60 percent to 75 percent of its "pure grape" Wild Irish Rose in primarily black, inner-city markets. He describes customers as "not super-sophisticated," lower middle-class and low-income blue-collar workers, mostly men.

Daniel Solomon, a Gallo spokesman, maintains that Thunderbird "has lost its former popularity in the black and skid-row areas" and is quaffed mainly by "retired and older folks who don't like the taste of hard products."

According to accounts that Gallo disputes, the company revolutionized the skid-row market in the 1950s after discovering that liquor stores in Oak-

*continued on page 80*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED




LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Our most popular cookbook FREE when you subscribe.

What could be more appropriate—a better-health cookbook of delicious high-fiber diet recipes to accompany the legendary all-American magazine that has said no to booze and tobacco advertising and replaced those pages with an emphasis on a long, happy, healthy lifestyle.

More than 390,000 copies of this 8½″ × 11″ publication attest to the popularity of **The Saturday Evening Post Family Cookbook,** the joint effort of Cory SerVaas, M.D., and Charlotte Turgeon. And why not? It offers 110 recipes dedicated to tasty meals with less salt and maximum vitamins. Between its soft covers you'll learn about the role of plant fiber in the diet; the grain, fruit, and vegetables that supply the fiber; the percentage of calories from fast foods; a diet for herpes control; and concoctions that will make the 112 pages a taste-bud's wonderland.

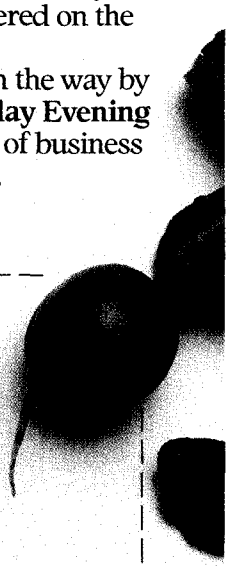
We're talking here of "Morning Glories"—from cornmeal waffles to sourdough buckwheat pancakes. Of "Learn to Love Loaf-ing"—its high-fiber onion-rye buns, its whole-wheat apple-nut rolls, and its buttermilk raisin bread.

We're talking of "Stirring Experiences," and celery soup, sweet-and-sour cabbage soup, corn-and-cheddar-cheese chowder. Of "Taking Your Leaves"—which includes tomato rice salad, lentils vinaigrette, and carrot salad extraordinaire. As for "The Main Event," how about broccoli-cashew casserole, baked bran swordfish steaks, roast chicken with corn-bread stuffing? And then there are the "Lucky Breaks" of honey-wheat cookies, meatless reuben sandwiches, breaded carrots . . . and on through "Making Light of It," and much, much more.

Best of all, with your subscription or renewed subscription to the **Post,** the **Family Cookbook** will be mailed to you FREE. And the **Post,** as you probably already know, is the dessert among today's magazines. Our centerfold pictures concentrate more on the inside of the body than the outside . . . our four-letter words can be read without concern by the whole family . . . our humor and cartoons are innuendo free . . . the celebrities we write about in sports, religion, entertainment, or whatever, are people you would want your children to meet . . . our puzzles and quizzes and contests are good clean fun . . . our travel pieces take you via armchair express to only the best places . . . our food articles and medical updates are aimed at keeping you healthy.

Yes, you could say (we won't, but you could) that by giving the **Family Cookbook** FREE with a subscription or renewal to the **Post** we have gone all to health. But as many of our millions of readers let us know, they prefer this emphasis over anything else offered on the newsstands today.

Why not start your own health recipes on the way by signing up for the health-promoting **Saturday Evening Post** today? It might just be the best stroke of business you will have done since your last physical.



***THE SATURDAY EVENING POST***

P.O. Box 11379, Des Moines IA 50347-1379

Please send me a copy of **The Saturday Evening Post Family Cookbook** FREE with my paid subscription or renewal extension.

☐ 1 year—$12.97 (save $4.58*)
☐ 2 years—$23.97 (save $11.13*)
☐ 3 years—$32.97 (save $19.68*)
☐ Payment enclosed ☐ Bill me ☐ MasterCard ☐ VISA

Card no. _____ Exp. date _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Outside U.S. add $5 foreign postage per year. U.S. currency only. Allow 6 weeks for delivery. *Off newsstand price of $1.95 per issue HH03

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

## VETS ON PETS

# BEATING THE PET-BOARDING BLUES

*Boarding a dog, a cat, or even an ocelot doesn't have to be bad news if you take steps to ensure proper care while you're away.*

**by H. Ellen Whiteley, D.V.M.**

Tyrone, an affectionate, long-haired Persian cat, became very nervous when his owner had to be away from home. When she picked him up recently after a week at the local veterinary-hospital kennel, she found him thinner and apprehensive acting. Leaving him in the care of a neighbor during her next absence proved no better. Tyrone developed diarrhea (cats are prone to intestinal upsets from stress), and he was uncomfortable as well as messy when his owner returned.

Tyrone's owner called me. I directed her to Sam Bush, who recently opened a pet-care service called Pampered Pet. Everyone was happy with the arrangement. Sam loved Tyrone, Tyrone loved Sam, and his owner loved knowing that her cat was purrfectly content in his temporary home away from home.

If you prefer leaving your pet to taking it along, you have several options: leaving the pet with relatives or friends; hiring a neighbor's child to take care of the pet in your own home; engaging a house- or pet-sitting service; or boarding your pet at a kennel.

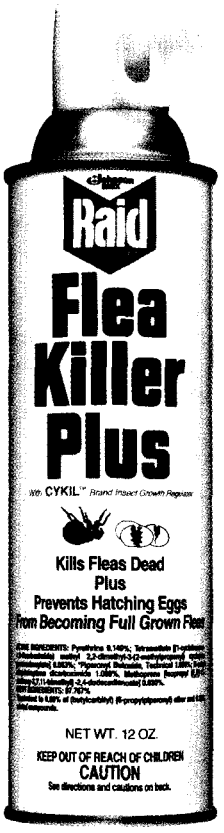
If you use a pet-sitting service, introduce your pet to the person who will be caring for it. Ask this person for references and check them thoroughly. Be sure to leave information about exercise routines, feeding schedules and amounts, and names and commands your pet responds to. (Medication instructions should be explicit. The neighbor of an elderly pet owner once called me in tears because she had tried in vain to get CoCo, an aged cocker spaniel, to take prescribed heart pills while the owner was in the hospital. The situation was easily resolved when I told the woman that CoCo always took her digitalis hidden in a gumdrop.)

A boarding kennel may be the best answer to your needs, but Robert Leeds, the founder of American Pet Motels, says to be careful when choosing a kennel. There are many good kennels in this country, but half or more, he believes, distort the truth as far as the public is concerned. Leeds started his own pet-motel chain after his pet ocelot died through neglect while boarded in a Detroit kennel. In his recent book, *All the Comforts of Home: The Story of the First Pet Motel,* Leeds lists the "Ten Commandments of Pet Boarding" established by the Society for the Advancement of Pet Boarding care:

1. Thou Shalt Not board your pet in any facility that will not let you see where your pet will be kept.
2. Thou Shalt Not board your pet in any facility that boards sick animals in the same general area boarded pets are kept in.
3. Thou Shalt Not board your pet in any facility that is not clean and well-kept inside and outside.
4. Thou Shalt Not board your pet in any facility that does not require proof of vaccinations.
5. Thou Shalt Not board your pet in any facility that employs immature or incompetent employees to clean or care for the animals.
6. Thou Shalt Not board your dog in a cage or pen unless you know it will receive three 20-minute exercise periods daily, regardless of weather.
7. Thou Shalt Not board your pet in a facility that lacks properly designed ventilation to maintain the ambient temperature between 55 and 85° F. for all warm-blooded animals.
8. Thou Shalt Not board your pet in a facility that will not contact your own veterinarian in the event of a serious illness or injury.
9. Thou Shalt Not board your pet in a facility that does not feed the animals and clean and disinfect their accommodations as required and never less than once in every 24-hour period.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

© 1988 S.C. Johnson & Son, Inc. All rights reserved.




**Kill tomorrow's fleas today.**

Raid Flea Killer Plus has the long-lasting Plus no regular flea killer's got. The Plus that kills the hatching eggs other sprays leave behind. And that kills the chance of more fleas tomorrow.

**NOBODY DOES IT DEADER.**

10. Thou Shalt Not board your pet in a facility that permits the boarding of different owners' pets in the same space.

I would like to add my own list of owner responsibilities when boarding a pet:

- Refrain from boarding a young dog or cat before its vaccinations are completed, for it may be inadequately protected against infectious diseases.
- Keep your pet's vaccinations current.
- Do not board an animal suffering from contagious diseases or such parasites as fleas, ticks, or ear mites.
- Inform the kennel of medications or prescription diets that should be administered to your pet; leave an adequate supply of these necessities.
- Leave the telephone number, including the after-hours number, and the address of your pet's veterinarian.
- Leave telephone numbers where you can be reached in case of an emergency.
- Make sure your pet is wearing an identification tag with your name, address, and telephone number.
- If you are boarding an exotic pet, such as a bird or a reptile, make sure the kennel has adequate facilities to accommodate the pet comfortably and that it understands the pet's requirements.
- Leave a familiar toy or blanket for the pet.
- Let the kennel personnel know when you will return and notify them if your plans change.
- Be cheerful and positive when leaving your pet; you don't want the pet to feel as if it is going to prison, while you are going to the Bahamas.

Of course, one final solution—if you can't bear to leave your pet behind—is to take it along. Many hotels and motels will allow well-behaved pets if notified in advance. Ask your travel agent or consult travel guides for the area of the country you plan to visit.

## *"Flea Alert"*

It's flea time again, and—especially if you live in the South—flea infestation may be a serious problem for you and your pet. The important thing to remember is that fleas do not live only on your pet. Powders and sprays may be temporarily effective in ridding your pet of fleas (flea collars somewhat less so), but the problem is likely to persist until your house and yard are also treated.

You may want to try flea bombs, often effective in ridding a house of fleas. You can obtain special flea-killing insecticides for your yard at garden shops and hardware stores. Vacuum your carpet frequently and put flea powder in the bag to kill any larvae that may hatch there. Destroy your pet's bedding and replace it with clean bedding. Buy a flea comb at a pet store and comb your dog or cat daily. Many animals enjoy this immensely, and it is very effective in removing fleas. Dip the comb in alcohol or insecticide when you are done.

If infestation persists, a call to the exterminator may be necessary. It is worth the cost to relieve your pet of pain and itching.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Make sure your dog or cat is a good traveler, however. It may be better off left at home.

### *Questions for the Vet*

Dear Dr. Whiteley,

I have just read your article in the Jan./Feb. 1988 issue of the *SatEvePost*. I am reminded of a trick our little dog did several years ago.

My husband and I were no experts at teaching tricks, but because she responded so well to the few we did teach her, we tried this one. It was in the summer of the Dewey-Truman-Wallace presidential race. We would ask how she was going to work for Truman and she'd lie down like a dead dog. "How for Wallace" and she'd heave a sigh and stretch out more. "How for Dewey" and she'd jump up and dance around on her hind legs. Obviously, we were Republicans and, obviously, she didn't "work" hard enough for Dewey. A Democrat friend said we were taking advantage of a dumb animal.

Anyway, we had fun with the trick, and I thought maybe you'd appreciate our experience.

*Helen M. Mosbach*
Columbus, Ohio

**Dear Helen,**

**Your letter is most timely in an election year. Perhaps we can run our own poll of pets for the various candidates and come up with a prediction of the winner. Of course, Morris, the 9-Lives cat, declared his candidacy this year; his supporters predict he'll win by a whisker. In my book, a dog that knows whom he wants to vote for is no dumb animal.**

***H.E.W.***

Dear Dr. Whiteley,

We have a five-year-old female (spayed) Rhodesian ridgeback that is as close to being a member of the family as a dog can get.

However, we have one problem. If, when we walk her (we live on a country road), she sees a stray dog, she takes off after it no matter how much (or loud) we call. We fear that sometime she'll be injured or someone will pick her up. We could, of course, keep her on a leash all the time, but since the above situation does not occur frequently, we would like to give her more freedom to get the exercise she needs.

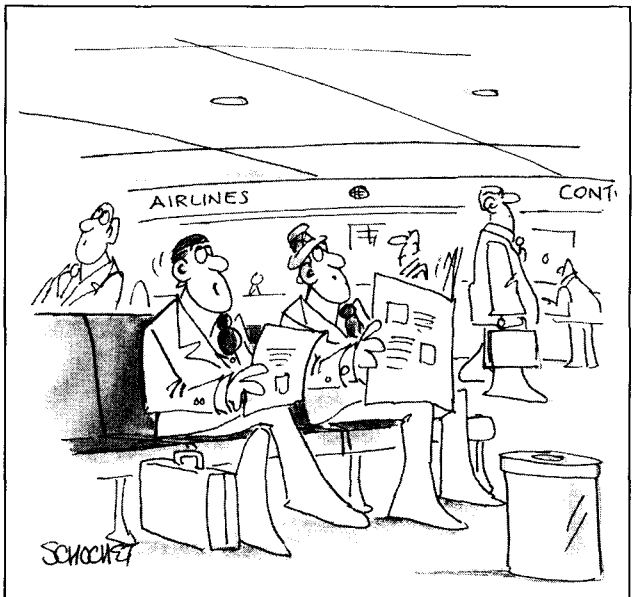
Would a shock collar be suitable for correcting this problem? We have heard both pros and cons on this subject and would appreciate your comments.

*Bruce P. Stollberg*
Anderson, South Carolina

**Dear Bruce,**

**Dogs are pack animals, and the prospect of a social encounter with another dog must be too much to resist for your dog. You could leave her at home behind a fenced yard; this maneuver would eliminate her temptation to roam. You could try positive reinforcement. When you call for her to return and she does it, give her a favorite tidbit of food, praise, etc. A shock collar would be a form of negative reinforcement. I prefer one of the retractable leashes that allow the dog about 16 feet or more of free range. It can be reeled in like a fishing line. Practice letting her out on the line. When you give the command "Come" and she does, reward her. When she does not, jerk the leash and reel her in.**

***H.E.W.***




*"Attention, passengers on flight (bzzglf): your departure time has been (zzrchbk) to (sprk) p.m. to gate (grzap)."*

Dear Dr. Whiteley,

I was wondering if you could help us out. My husband and I purchased an AKC cocker spaniel in early November. He is now six months old and still goes to the bathroom on my kitchen and other carpets. My husband and I are both schoolteachers and are gone from 7:45 to 4:00. But when we get home we try to pay lots of attention to Sebastian. We also go home for lunch every day to spend a little time with him. We have him paper-trained, at least while we are there. But when we start getting ready for work he goes wherever he wants. Help! How do we solve this problem?

*Mrs. Chuck Prior*
Elgin, Nebraska

**Dear Mrs. Prior,**

**I suggest that you start over teaching Sebastian house manners. You should pick an appropriate spot outside on the grass for Sebastian's potty area. If you don't have lawn space available, you may have to pick an area in the utility room or bathroom as the potty area. Take the dog outside to his potty area (the same area each time) as soon as you awake in the morning; when you return home at noon; as soon as you reach home in the afternoon; and a couple of times in the evening. As soon as the dog eliminates in the proper place, give lots of petting and praise; you want him to know that you are pleased with his good manners. When you find an accident in the house, clean it up without making a fuss—preferably with the dog out of sight. Use something like club soda to take the urine scent out of the area. Don't use ammonia—it smells too much like urine. I don't think that Sebastian should have free run of the house until he has demonstrated better habits. If he always uses the same spot on the kitchen carpet, he thinks that this is his potty area. Don't let him have access to the area until he has established a potty area in the yard.**

***H.E.W.***

---

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# AT LAST! The Shoe You've Been Waiting For!

## Comfort & style together in a new scientifically designed shoe.

## Comfort Casuals

## 3 Fashion Colors: • Beige • Navy • White

**A must for any woman who spends her day on her feet.**

**• Waitresses • Nurses • Office Workers**
**• Sales Women • Homemakers**

**TREAT YOUR FEET.** A little support goes a long way, and this molded orthopedic footwear proves it. Supporting arches to hold the feet in the best perpendicular position, these shoes help relieve pain and discomfort as well as offer exceptional preventive qualities for those whose feet are for now "perfectly normal". Essential for those suffering from corns, flat feet and varicose veins. The knitted nylon vamp allows you to pull them on like socks, avoiding pressure and allowing freedom of movement. Durable and lightweight they feature a 1" heel and molded textured sole. Imported. Whole sizes 5-11. Medium (B/C) width.

**FULLY GUARANTEED**
Returnable within 30 days for *full refund* except ship. & hdlg.). Our policy is to process all orders promptly. We charge your credit card only when order is shipped. Delays notified promptly. Shipment guaranteed within 60 days.

***Fashion Galaxy,®***
**Hanover, PA 17333**
Serving Satisfied Customers Since 1934

SATISFACTION GUARANTEED

**FASHION GALAXY®, Dept. CSM-6047**
**Bldg. #27, Hanover, PA 17333**

Yes! Please rush my Comfort Casuals on full money back guarantee.

___ Pr(s) Beige (M298398B) Size(s)_____
___ Pr(s) Navy (M298406B) Size(s)_____
___ Pr(s) White (M298497B) Size(s)_____

☐ One pair only $14.88 plus $2.95 shipping & handling.
☐ *Save! Any 2 pairs for just $28.88 plus $5.00 shipping & handling.*

Enclosed is $_____ (NV res. add sales tax).

**CHARGE TO MY:** ☐ Discover Card ☐ VISA
☐ American Express ☐ MasterCard

Acct. No. _____ Exp. Date _____

Print Name _____

Address _____

City _____

State _____ Zip _____

© H.H.I. Inc. 1988

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# MY MOST IMPORTANT DECISION

*Something funny happened on my way to becoming the world's most talented actor.*

**by Joseph A. Wapner**

A judge is first and foremost a human being. He succeeds or fails in his work to the extent that he can feel for the men and women before him and then integrate those feelings into the context of the legal system. A judge is a man (or a woman, of course) when he is hearing evidence, studying precedents, examining documents, or hearing oral arguments. His humanity is at issue in every act from the bench.

A judge is also a man when he is writing a book. There are bills to be paid, clothes to be cleaned, new people to meet, old friends to take to dinner. These present facts of life throw into relief and illustrate to me what is important about the past. That is, what is happening to me today, as I write this, tells me a great deal about what counts and what does not in the past. The events of this morning or this afternoon shape my understanding of where the human connection was in all of the cases of my past.

I am now going to take you behind the scenes of this particular judge's life, so to speak, and share with you the most wonderful possible experience of the present that could touch a judge's life or a writer's life. Just as I started writing this chapter, my son David and his wife, Edna, had a baby son, Ariel. They already have a wonderful son, Gabriel, so Ariel is the second grandchild for my wife, Mickey, and me.

As I looked at Ariel in his crib and in his mother's and father's arms, I thought about the beginning of life and where life leads. Like any grandfather, I thought about how far I have come from when I was a baby and my grandparents were looking at me. The trip has taken 68 years so far and it is still exciting every single day. But I think that in order for you to understand why some things mean so much to me, it might help to understand a few facts of the early part of that voyage. They help me, at any rate, to understand the landmarks along the way. They help me understand who I am, not just as a judge but as the human being inside the robes.

I was born in Los Angeles in the year after the end of World War I. It was then a metropolitan area of fewer than one million souls, contrasted with its present population of more than 12 million. My father was a lawyer. He had originally planned to be a doctor but could not afford to study medicine full-time, which was the only way it was offered then and now. Law school, however, was offered at night. He could therefore work during the day to support himself while he studied. He was the kind of lawyer whom you used to see on TV shows; he worked out of a small office downtown. He was not part of a huge law department of a mammoth corporation or part of a multicity law firm as many lawyers are today. He worked by himself and was the researcher, investigator, and attorney on every one of his cases, and he worked tirelessly, even when he was exhausted.

I grew up in middle-class circumstances in what is now almost downtown Los Angeles. My parents lived in a duplex with my grandparents. Every day when I came home from school, I would run up the stairs to my grandparents' home and talk with them and my aunt for hours. From my earliest recollections, they took me seriously and listened—and talked—to me as if I were an adult. That means a great deal to the self-esteem of a child.

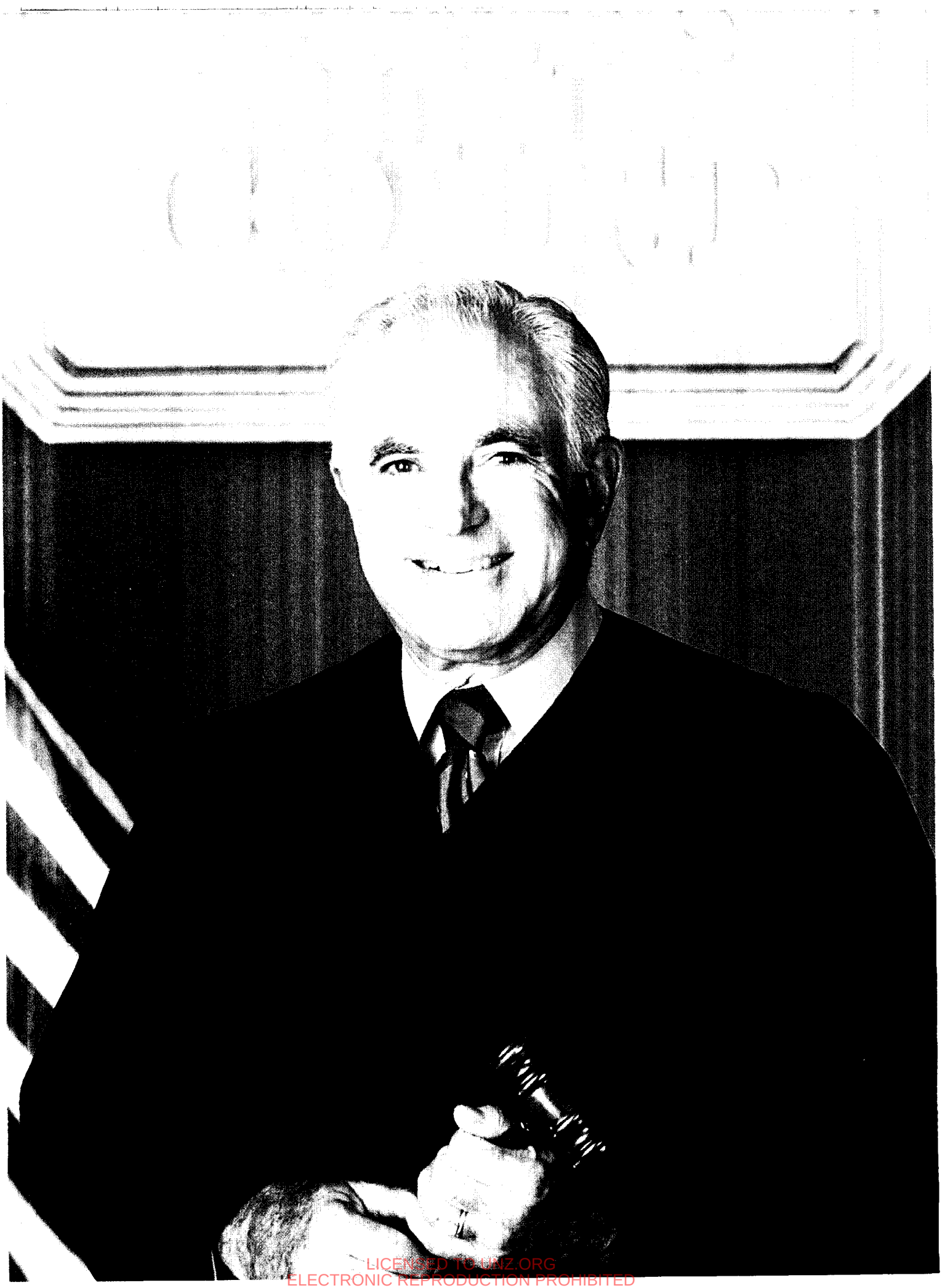
If I have grown to be a man with a concern for other people, as a judge must be, much of it was learned from my grandparents and my aunt. My grandmother was deeply concerned with helping those in dire straits. Through most of my childhood, she headed a local Ladies Aid society. If I have a sense of humor, which a judge must have if he is to survive, I learned it largely from my grandfather, a man of wit on every subject. My connectedness with the larger world came largely from my aunt Esther. From her (she was only 12 years older than I was) I learned how to dance, how to drive a car, and even how to pick out clothes that looked decent on me. Today's young people often live hundreds and even thousands of miles from grandparents, aunts, and uncles. Perhaps they believe they are well-off, liberated in some way because of that distance. Maybe they are. For me, having an extended family was a rich gift every day. That gift has shaped me in ways that today's children may never even know. It has been 50 or more years since I used to burst into their home and start talking about what had happened that day, and I still miss my grandparents keenly.

My father worked extremely hard, as I said. He would come home at the end of the day drained from struggling in court and in the library for his clients. I recall night after night when he would give us a slightly delayed replay of his fights in court on behalf of the little guy—always the little guy—who was being done out of an insurance settlement by a big company, or who had his utilities unjustly shut off, or who had not been paid for goods delivered to a huge chain of dry-goods stores.

To my childish eyes, it seemed as if my father were fighting against giants every hour of every day, and always giving as good as he got. I sometimes went to see him in court. He could give a stemwinder of a jury summation that would make even the bailiffs cry.

His passion, his strength, his whole life seemed to me to be bent on pre-

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

serving the rights and the livelihood of small people caught in a huge impersonal system they barely understood. He did not always win by any means. But he never quit.

When I went from junior high school to high school, I wanted to be an actor. Through a friend of my father's, I was allowed to transfer from my neighborhood high school to the famed Hollywood High School. Hollywood High had a reputation of having the best drama program in town. Even then, child stars, including Marge Champion, Nanette Fabray, and others, were pouring out of it.

In my senior year, after dozens of unsuccessful tryouts, I finally got a part in the senior class play. By some coincidence—at the time I thought it was a prophetic coincidence—I was to play a man called Tallant in a play entitled *The Late Christopher Bean*. I rehearsed and practiced and read my lines in front of the mirror. Little by little, I convinced myself that I must be pretty darned good at it. In fact, I thought I must be a pretty hot item altogether.

One day, as I walked down the hall at Hollywood High with a friend, I saw an amazingly beautiful auburn-haired girl talking to virtually the whole football team. She was certainly the most attractive girl I had ever seen at Hollywood High or anywhere else until that time. My friend said that he could introduce me, and he did. I made small talk with her and then asked her if she would go for a soda after school. To my amazement, she said she would.

We went to a nearby drugstore and had Cokes. After we drank them, I realized I had no money at all with me, not even enough to buy a Coke. Judy Turner gracefully paid for them. She was so graceful and cheerful that I invited her to a Saturday-night dance at Hollywood High. Again, to my delight, she agreed to go.

Judy Turner looked ravishing at the dance in a black velvet dress. I still recall picking her up at her mother's house north of Hollywood Boulevard near the Hollywood Bowl. I remember my pride that I—soon to be a major star, surely—walked into the dance with the prettiest girl in the room on my arm.

Alas, at the dance Judy Turner had other interests besides me. We did the fox trot, and at every step I could sense her looking over my shoulder to see who was more important or richer or better-looking. Judy Turner was gorgeous, but she was also a bit more of a politician than I was used to.

Still, I took her home and kissed her good night and anticipated a bright future with her once I had taught her that I was the only young man worth looking at.

The very next day, when I was rehearsing in a special session as Mr. Tallant, the drama coach, Mr. Kachel, took me aside. In a direct way, he told me that I was simply not talented enough to play Mr. Tallant. I was out of the senior class play on my ear.

*"First you people say, 'Free Checking,' and now you say I have to have money in the bank."*

Not only that, but the next time I asked out Judy Turner, I was turned down flat. And the time after that. I was out of the running for stardom and out of the running for Judy Turner in one week.

Like everyone else in my family, I was competitive indeed and no quitter. Despite Mr. Kachel's obviously confused view of my abilities onstage, I decided that after high school I would go to Los Angeles City College. LACC was reputed to have the best drama classes in town at the college level. Moreover, it would allow me the scheduling leeway to actually work as an actor while I took my drama classes. As far as I could see, it was still ordained—Mr. Kachel or not—that I was to be the next Tyrone Power.

My strong-willed father had other ideas. He "urged" me strongly to go to the University of Southern California instead of studying acting. After much earnest debate, and only to humor him—because I had by then actually been told that I *looked like* Tyrone Power—I enrolled at USC. My erstwhile date and girlfriend Judy Turner was more determined about her acting. She continued to study drama, dyed her hair blonde, changed her name to Lana, and did well for a long time. I still remember that black velvet dress every time I see her in a movie.

I had hardly received my USC diploma when I went into the army. Frankly, when I got back from Cebu, I was all too ready to settle down for the life of the law student.

Hardly had I started studying civil procedure and torts when I was fixed up on a blind date with a lovely young woman from Mercedes, Texas, who had just that day landed a job at the *Pasadena Star-News*. We went to a dinner dance at the Riviera Country Club in Pacific Palisades, talked until late at night, and were married eight weeks later. She never started her job at the newspaper.

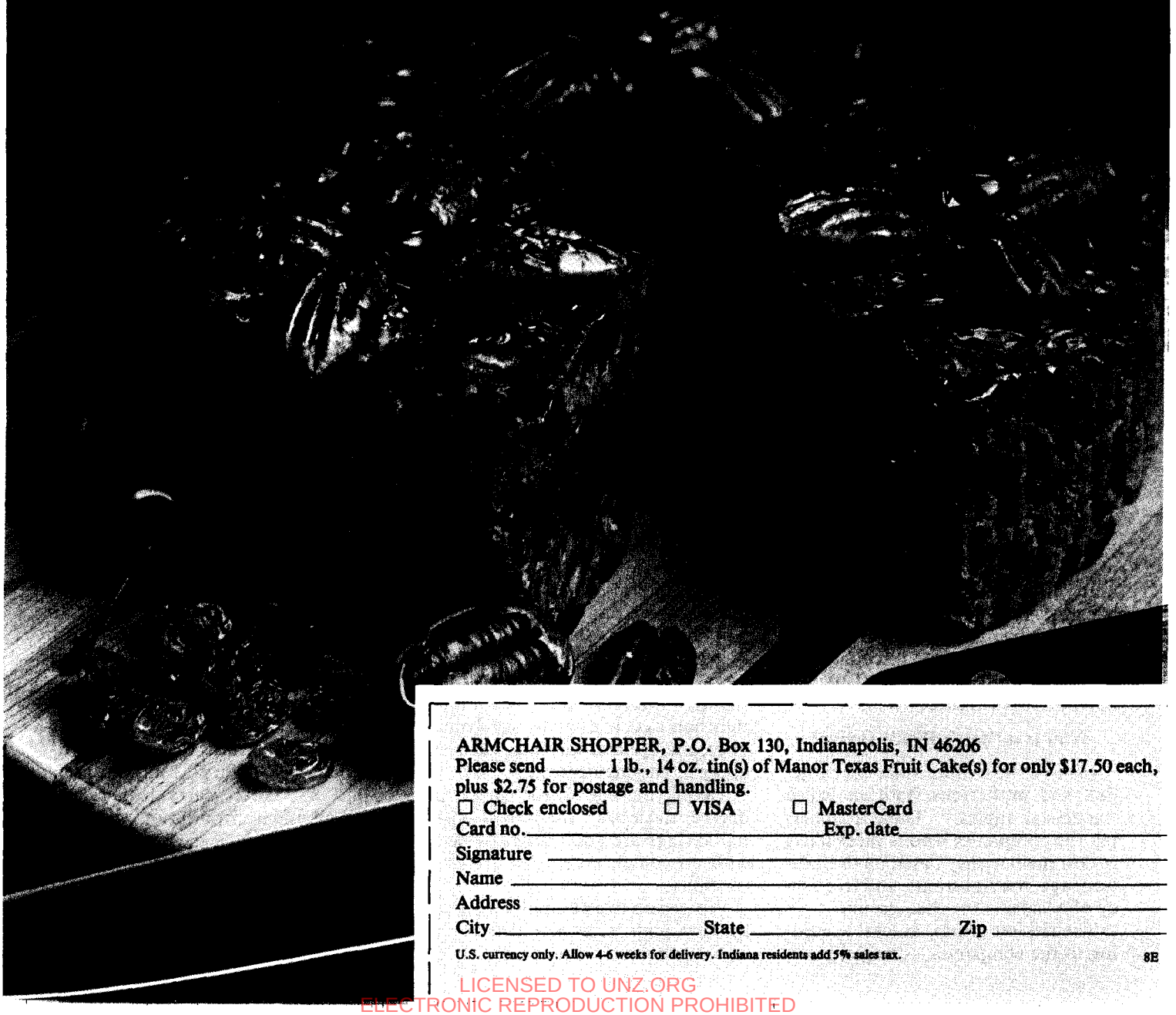
It would be impossible for me to adequately describe how important, how crucial, Mickey has been in my life. Her belief in me, her offering her strength and determination to me, made it possible for me to do every good thing that has ever happened to me. I still remember perfectly when I was a third-year law student about to take exams and came down with a severe flu. Mickey sat next to me in bed and read the course summaries to me in her soft, perfectly enunciated Southern accent. It was her determination that I could make a law career by myself that made me strike out on my own to start my own small firm and become poised for the bench. I cannot imagine how or what my life would have been without Mickey to sometimes support me, sometimes lead me, always be my partner.

From *A View from the Bench* by Joseph Wapner. © 1987 by Joseph Wapner. Reprinted by permission of Simon & Schuster.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# The Master's Touch

Real creamery butter, no shortening, California raisins, Hawaiian pineapple, French and domestic cherries, native pecan halves, no peel nor citron, no spices, the best of natural ingredients goes into the one and only world famous Manor Texas Fruit Cakes.



ARMCHAIR SHOPPER, P.O. Box 130, Indianapolis, IN 46206
Please send _____ 1 lb., 14 oz. tin(s) of Manor Texas Fruit Cake(s) for only $17.50 each, plus $2.75 for postage and handling.
☐ Check enclosed ☐ VISA ☐ MasterCard
Card no._____ Exp. date_____
Signature _____
Name _____
Address _____
City _____ State _____ Zip _____
U.S. currency only. Allow 4-6 weeks for delivery. Indiana residents add 5% sales tax. 8E

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MONEY TALK

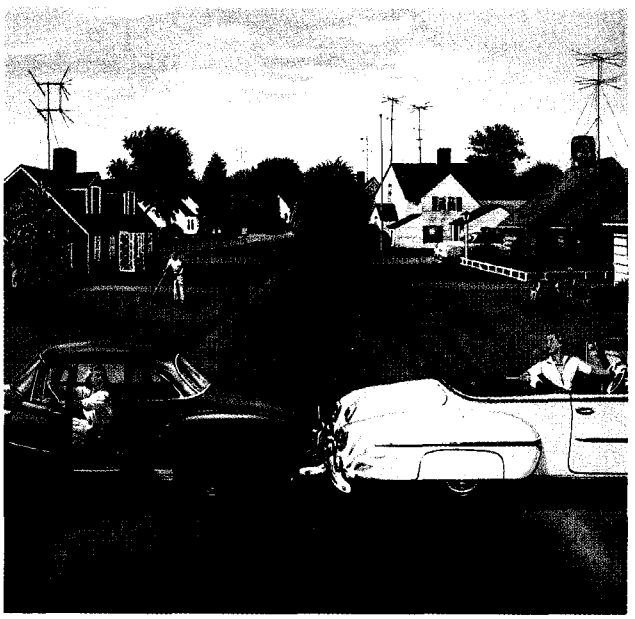
# FINE-TUNING YOUR AUTO INSURANCE

*Although premiums are rising at three times the rate of inflation, there are still options for putting the breaks on the high cost of insuring your car.*

**by John F. Wasik**

Home, gasoline, and food prices come to mind when you reflect upon the cost of living. Then a look at your auto-insurance premiums makes you think you're back in the hyperinflationary 1970s. Auto insurance has become a significant part of the cost of living because it's rising like a river near flood stage—nearly 13 percent per year, about triple the rate of inflation, according to an industry group.

Insurers naturally blame the health and legal professions for medical payments and judgments that rise faster than revenues. Guess whom the doctors and lawyers blame for high rates? Angry California consumer groups, incensed at average premiums of $588 per year, are trying to put voter referendums on the ballot. Rates would be forced down 20 percent immediately and then frozen for two years.



Political remedies aside, you can save on auto insurance if you're a reasonably safe and sober driver. "Defensive driving" is the leading factor in reducing rates—in this case, ticket- and accident-free driving.

Insurance companies have a vested interest in your safe driving. It means fewer "losses" paid on claims for them. To insurers, a clean record means no moving violations or accidents. Many companies will raise your rates even if you have only one ticket per year. An accident in which you are charged with a violation may also force your rates up.

If you're a "safe" (as opposed to a "high risk") driver, your insurance company has already rewarded you with a 5 to 10 percent discount. The criterion is no "chargeable" (ticketable) offenses in three years.

### Who Is a "High Risk" Driver?

Insurers base their rates on rather dull and mysterious statistics called "actuarial tables." These numbers tell the companies who is most likely to cost them money based on the location, age, marital status, and frequency of accidents for each group.

The riskiest group, at least according to the companies, is single, male, teenage drivers. Why? Because they tend to have the most accidents and generate the most tickets. If you get married—even as a teen—your rates go down a bit. Being married and turning 30 bring the rates down a few more notches. For girls, the story is slightly different. But even though they don't get in as many accidents as boys, the age and marriage rules still apply in varying degrees.

Taking the age factor to the nth degree, those with the largest potential savings are good drivers over 50 with no young, unmarried drivers in the house.

Where you live also plays a big role in how your rates are determined. Again, the rates are based on the number of losses that occur in a particular area. City dwellers usually pay more for comprehensive (theft, noncollision) coverage because of typically higher theft and vandalism rates in the city. Really want to get steamed? Compare your rates with a farmer's.

The geographical rate system isn't fair for most safe drivers living in the city, but it's observed across-the-board by the major insurers. I was paying sky-high rates, for example, because I had the same city zip code as a run-down neighborhood a few blocks from me. It had nothing to do with me, although I fumed every time I paid my insurance bill—which dropped by about one-third when I moved out of the city.

Another savings factor that may or may not be within your control is the distance you commute. If you commute less than 15 miles one way per day, most insurers will charge you about 10 percent less than they would for a greater distance. They calculate that the less you have to travel, the smaller the chance you will have an accident.

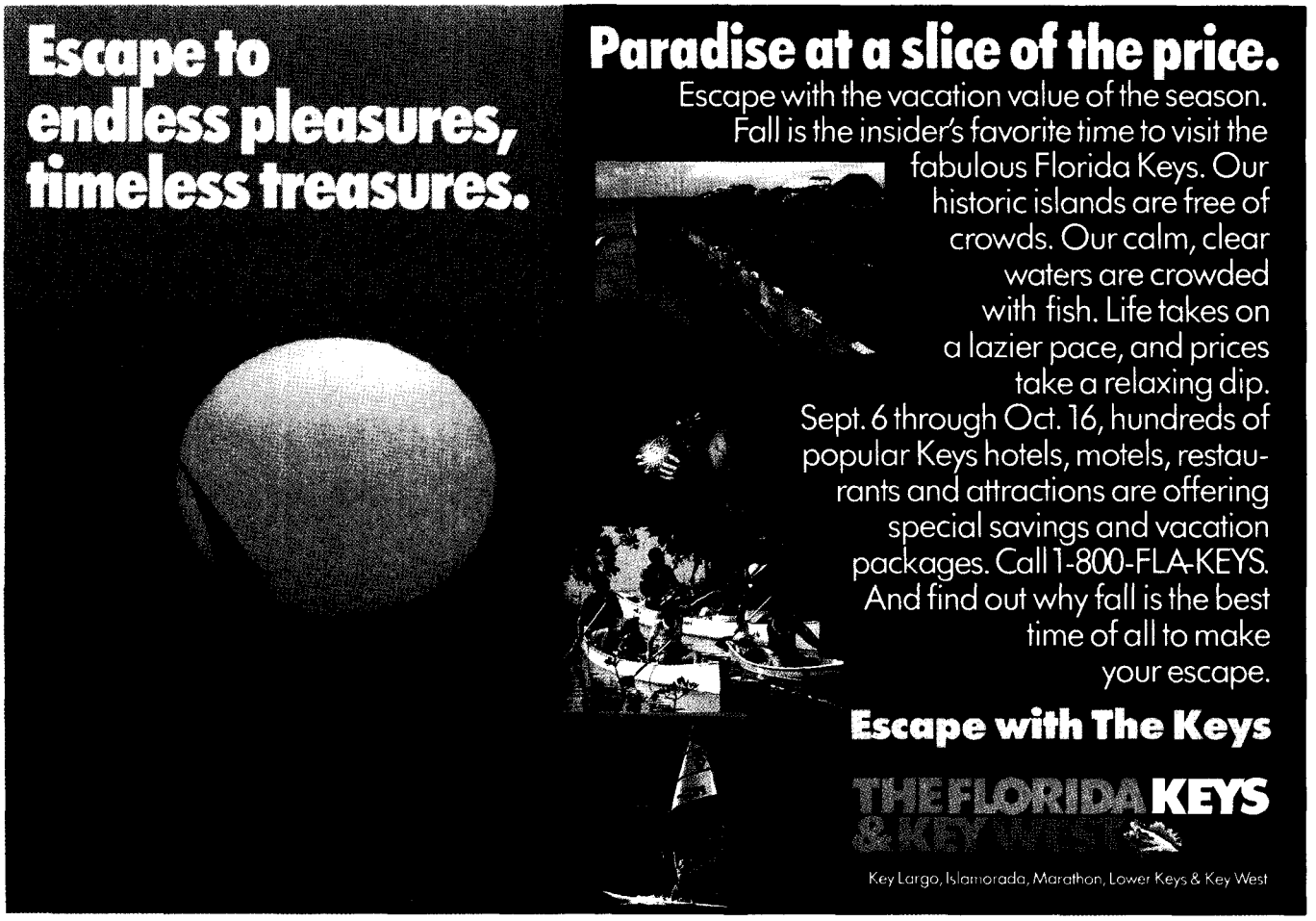
### Savings Based on the Kind of Car You Own

Rates are also based on the loss record for the particular kind of car you own. You pay a lot more to insure a Porsche 944 than a Ford Escort. The Porsche will be stolen more often, and its cost to repair following an accident is greater than its less glamorous counterparts.

Although few people base car-buying decisions on a car's anticipated insurance bill, it's worth a look. Cars are assigned rates according to their numerical "rating groups." Subcompact cars like the Escort would be somewhere near the bottom of the industry scale. A Porsche or a Rolls-Royce would be near the top. "Performance" or "luxury" cars like Trans Ams or Jaguars carry higher rates than "basic transportation" cars.

The age of your car is also important in determining rates. Generally, newer cars carry higher rates than older cars. In many cases, older cars are cheaper to repair than their younger versions.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED


Escape to endless pleasures, timeless treasures.
Paradise at a slice of the price.
Escape with the vacation value of the season. Fall is the insider's favorite time to visit the fabulous Florida Keys. Our historic islands are free of crowds. Our calm, clear waters are crowded with fish. Life takes on a lazier pace, and prices take a relaxing dip. Sept. 6 through Oct. 16, hundreds of popular Keys hotels, motels, restaurants and attractions are offering special savings and vacation packages. Call 1-800-FLA-KEYS. And find out why fall is the best time of all to make your escape.
Escape with The Keys
THE FLORIDA KEYS & KEY WEST
Key Largo, Islamorada, Marathon, Lower Keys & Key West


### Raising Your Deductible

If you have an older car, and you don't really care if it gets banged up, you might consider raising your deductible on collision and comprehensive coverage—or eliminating those types of insurance altogether. (Your deductible is the amount of a repair or loss you have to pay out of your pocket.)

You could save $30 to $100 per billing period by raising your deductible from $100 to $500. Don't, however, eliminate your liability coverage. You need that in case you're sued. It's the kind of thing you can't do without today, considering the surplus of lawyers looking for work.

Agents generally recommend basing your deductible on the amount you can afford to pay on a claim. If you raise your deductible from zero (called "full coverage"—the company pays everything) to $500, your comprehensive and collision rates will drop. Many insurers will quote you a variety of deductibles along with their corresponding rates, but you have to ask for them. They usually don't volunteer this information freely.

### Miscellaneous Discounts

There are quite a few of them, depending upon the company, the type of driver you are, and your car. You should ask your agent if you qualify for them. And always shop around for the best rates and service. Here are the discounts offered by the major insurers:

—*Multicar discount.* If there are two or more cars per family or insured, you can save up to 10 percent per car. That's if all the drivers are with one insurer.

—*Older-driver discount.* Some companies give an automatic discount to drivers over 50. Note that some firms may require these drivers to pass a state-approved "driver's-assistance class."

—*Car-pool-member discount.* The insurer assumes that you will be driving less, thus reducing your exposure to accidents.

—*Good-student discount.* High-school or college students carrying a "B" average or better are eligible for this discount. State Farm Mutual, for example, gives males a 25 percent break and females 5 percent. The discounts are usually given if the students are co-insured with their parents.

—*Air-bag discount.* The expensive, optional safety devices may bring notable discounts from some insurers. Usually, though, you have to pay an additional $800 to $1,000 for this option when you buy the car. The air bag is also a difficult option to find, and it's offered only on the pricier models.

—*Auto-alarm discount.* You can obtain a special discount if you have an auto alarm installed in your car. Depending upon the complexity of the alarm, you can save up to 15 percent. Some alarms only make noise and annoy neighbors. Others will cut off the ignition. The biggest discount goes to systems that prevent rather than deter theft.

—*Home/auto discount.* Some insurers will give you a 10 percent discount if they also insure your home.

For a clear, basic explanation of auto insurance, consult the Insurance Information Institute's *Auto Insurance Basics,* available by calling 1-800-221-4954.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# THE NORMAN ROCKWELL I KNEW

*His paintings had a hidden side not normally known to the public.*

by Franklin K. Paddock, M.D.

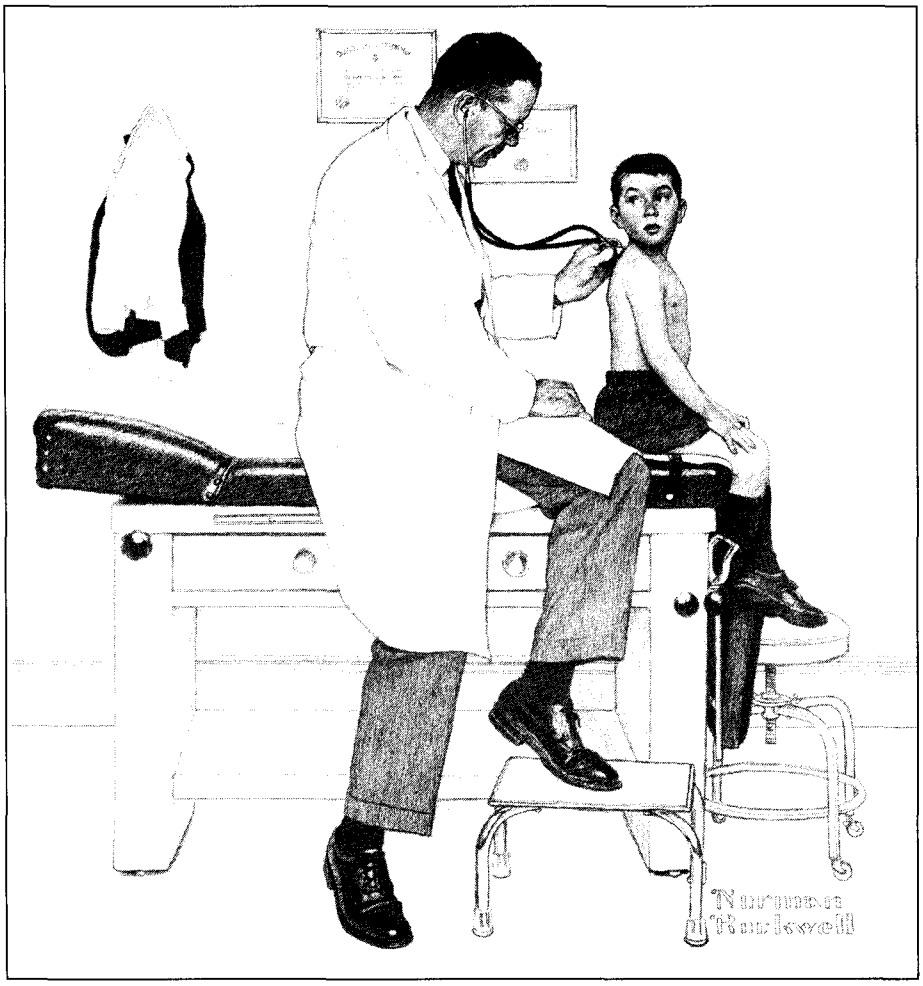
It was some 30 years ago that Norman Rockwell came to live in Stockbridge, in western Massachusetts. I first met him when he came to my office in Pittsfield for some advice about a minor medical problem. He was a quiet, thin, rather self-effacing man, not at all the strong personality I had expected from his world renown. In his quiet voice, he expressed a few simple requests and that was all. But how wrong I was on this initial encounter. Although a slight, self-deprecatory laugh might follow some of his remarks, his personality behind this minor shield was very strong and definite. His warmth of association was outstanding, as indeed I should have expected from his paintings. They certainly reflected his inner feelings and thoughts.

As our friendship developed over the years, I found him an increasingly good companion and uncovered a variety of engaging traits. One was his sense of humor. One time he entered Berkshire Medical Center in Pittsfield overnight for a cystoscopy, a look up into the bladder through a lighted tube. That evening he remarked, "Well, Frank, I guess tomorrow we'll have the Big Peek." One can see this humor reflected in his art.

His major works are, of course, well-known and are usually associated with his *Saturday Evening Post* covers, which he painted over a period of decades. But his outstanding works also included *The Four Freedoms*—illustrations of the Atlantic Charter—which reflected his belief in mankind in general and our society in particular. And his paintings had a hidden side not normally known to the public. For example, there is a painting of the head of an adolescent girl surrounded by suggestions of her dreams and thoughts. Norman's perceptiveness in creating these pubescent visions reflected his own sensitive personality.

Another pair of paintings showing this sensitivity were two canvases of the same subject, two imaginative

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED




**Among the prized possessions of the author are a copy of the illustration of himself and his son Brace, and a hand-written note from Norman Rockwell.**

memorials to the deaths of civil-rights workers in Philadelphia, Mississippi, in 1964. One day he brought them into my office and asked which I thought was the better: the one representative and almost photographic, as his paintings characteristically were, or the other much more impressionistic, lights and shadows with no details of the falling figure. There was no question in my mind as to which was the most eye-catching and appealing—the impressionistic—and I was sure that was Norman's choice. I think he merely wanted backing up from me. This is the painting subsequently used to illustrate this darkly dramatic moment.

Generosity was another prominent characteristic of Norman Rockwell's. He gave away many of his paintings (now, of course, immensely valuable), particularly to those who were models for them. The result is that more than a few of his original oil paintings are scattered throughout Berkshire County. In my house are copies of drawings he made of me; one includes this inscription: "My very best to my good friend and doctor, Frank Paddock. Cordially, Norman Rockwell." One oil painting

**Stockbridge (below) was the perfect place for finding models; the illustrator spotted many on Main Street.**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

he gave me was of the developing concept of *Stagecoach* done for the movie's remake in 1966. He gave it to me matted but unframed, with this inscription: "Greetings to my friend Frank Paddock, my favorite medicine man. Sincerely, Norman Rockwell." I completed the framing and then had to get his approval, because he considered himself an expert on framing—which indeed he was. (Fortunately, he approved.)

Occasionally, I visited him in his studio, both as a model and more often as an observer. His standard method of production was to photograph local models in his studio. From these photos his paintings were made. Frequently, he would make an oil sketch on a student board and then complete the work on a much larger canvas. He often did some undercoating, laying down a paint over which the final color went. He once said to me, for example, "I always lay on a purple under anything that I'm going to paint black." At another time he said, "If the basic figures of a painting have worked out well but I'm not sure of how I'm going to develop them from there, I varnish it so that I can wipe out the next layer and redo it, if I don't like it, without changing the base."

The Saturday Evening
POST
June 2, 1951 · 15¢
A MISSOURI MAILMAN LOOKS AT BRITAIN
Lisle Kirby's Story of How Socialism Looked to Him
CHEYENNE

**Rockwell's engaging sense of humor colored much of his artwork, as shown in this charming 1951 *Post* illustration, called *The Plumbers*.**

I had done considerable amateur painting ("Sunday painting" is the usual pejorative) over a period of years, and one summer I had the temerity to join Norman and a few friends at a weekly life-painting class. Here, Norman painted on anything he happened to put his hands on—such as a wooden shingle. I look back with embarrassment on the comparison of our results. And just as bad a contrast was a view of the Teton Range in Jackson Hole, which Norman and I had by chance painted from almost exactly the same site. This and other absolutely charming oil sketches he hung at his house, the subjects being various spots he had visited in the latter part of his life.

A debate that continues nowadays even in Stockbridge itself revolves around whether he was an artist or an illustrator. I captured Norman himself discussing this point in a film I did with Boyer Films, *The Berkshire Legacy*: "You know, there's a difference of opinion as to whether I am an artist or an illustrator, and when I find someone arguing that I am an artist, I always reply that I am nothing but an illustrator, but I always let my opponent win the debate," he said, followed by a chuckle.

Norman's life was not all a bed of roses. His wife (the mother of his three boys), who had needed prolonged psychiatric treatment, died suddenly, leaving him in quite a depressed mood. He eventually remarried a most pleasant and intelligent woman, slightly his junior, which worked out very successfully.

But Norman's last years were clouded. Certainly during the very last years of his life, his paintings were inferior, and his personality was almost totally nonreactive. After his death at 84, attempts were made to make his deterioration a focus for the study of Alzheimer's disease, but there was no medical evidence for diagnosis.

By no means are all patients as stimulating, interesting, and agreeable as Norman Rockwell was. If they were, a doctor's life would be ever so much easier.

Was he an illustrator or an artist? Because he not only chronicled events, but also illumined and interpreted the thoughts and emotions of us humans, I favor the latter.

**Once a week, Rockwell would join a group of Stockbridge artists for an informal painting and sketching session. Here, he said, "I can let myself go."**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Why men and women over 40 often miss the best sex of their entire lives.

BY PAUL A. FLEMING, M.D.

***The years between 40 and 65 can be years of sexual frustration and failure and withdrawal from sex. Or they can be the start of sexual activity that is frequent and sensitive and especially loving–and that can be enjoyed until the end of one's life.***

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your love-making and the frequency of your desire.

These changes are normal. But if you misinterpret them and worry that your sexual life is tapering off — you could begin to withdraw from sex altogether.

That would be an awful shame.

**No need to give up on sex—ever.**

Sex over 50, 60, 70 and beyond —good sex—is a real option for almost all people. And it can be the most rewarding sex of all.

That is what prompted a monthly newsletter called SEX OVER FORTY, and to circulate a sample first issue to eminent people in both medicine and therapy.

Their reaction was enthusiastic.

**Sexual help like this is not available anywhere else.**

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them, separately, then discuss them together with more comfort.

SEX OVER FORTY discusses sex like I do in my private practice. When telling a woman how to help her mate regain an erection, I actually show her how to hold her hands, how to move, what comforting things to say.

**Becoming more creative lovers.**

We cover the major sexual fears and problems that confront people over 40. But we are not over-focused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

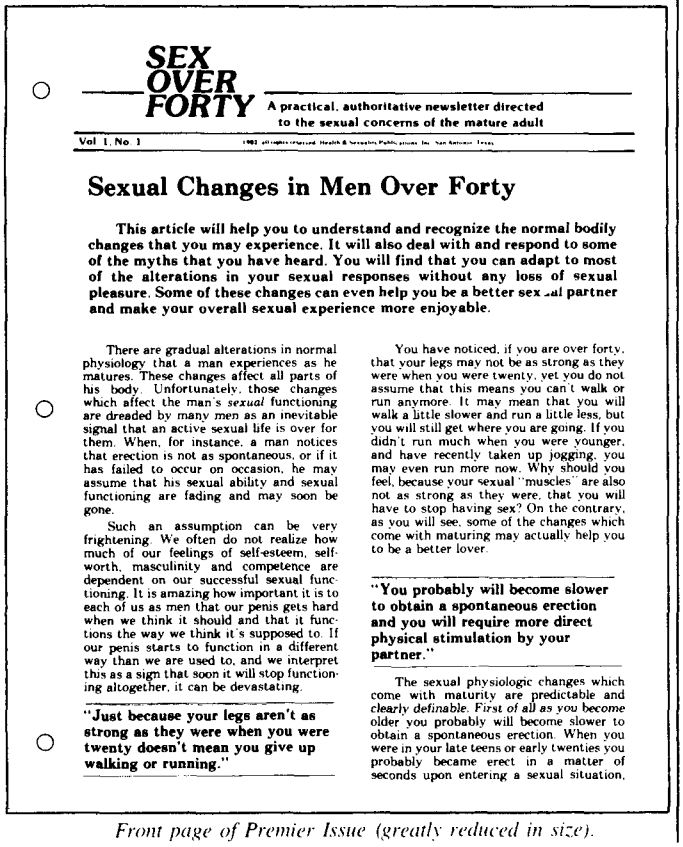
- How to strengthen sexual muscles.
- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improved sexual functioning.
- Mid-of-night sexual opportunities.
- How to end premature ejaculation.
- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
- What men need to know about the female sex organs.
- Common medications: how they can affect your sexuality.
- Multiple orgasms: achieve them now, even if never before.

Case histories are included to clarify: so are medical illustrations. Plus special monthly departments worth reading.

**You are invited to become a Charter Subscriber and enjoy 4 special privileges.**

By subscribing now: 1. You get a 50% discount off the regular price. 2. You receive, free, the Premier Issue originally circulated to the medical profession.
3. Future price protection: you get maximum discount as long as you renew continuously. 4. If not satisfied within 60 days, you may cancel, get a full refund of your money, and keep issues already received.

*Dr. Fleming counseling a couple in his office.*



SEX OVER FORTY

A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol. 1, No. 1

## Sexual Changes in Men Over Forty

**This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most of the alterations in your sexual responses without any loss of sexual pleasure. Some of these changes can even help you be a better sexual partner and make your overall sexual experience more enjoyable.**

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's *sexual* functioning are dreaded by many *men* as an inevitable signal that an active sexual life is over for them. When, for instance, a man notices that erection is not as spontaneous, or if it has failed to occur on occasion, he may assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do not realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we think it should and that it functions the way we think it's supposed to. If our penis starts to function in a different way than we are used to, and we interpret this as a sign that soon it will stop functioning altogether, it can be devastating.

**"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."**

You have noticed, if you are over forty, that your legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will walk a little slower and run a little less, but you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you may even run more now. Why should you feel, because your sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you to be a better lover.

**"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."**

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to obtain a spontaneous erection. When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation,

*Front page of Premier Issue (greatly reduced in size).*

Address: Dr. Paul A. Fleming, Editor
S/40
P.O. Box 1600, Dept. 4SP5
Chapel Hill, N.C. 27515

Please enter the following subscription:

☐ 1-Year (Reg. $72) Charter rate $36

☐ 2-Year (Reg. $128) Charter rate $64

☐ I enclose $ _____ (Check payable to S/40)

☐ Charge my ☐ Visa ☐ MasterCard

Charge Card # _____

Expiration Date _____

(To protect your privacy, charge will be to S/40, not SEX OVER FORTY.)

Name _____

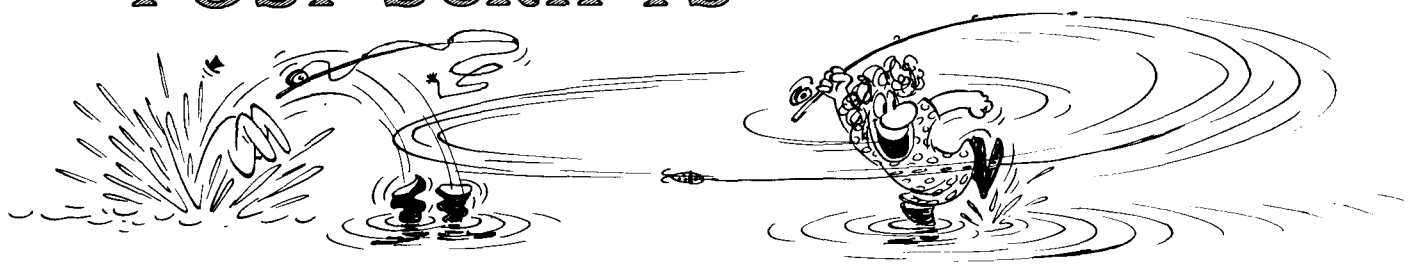
Address _____

City _____

State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# POST SCRIPTS



### Freebie Jeebies

Free tickets to the ball game?
Why, thanks! How very nice!
Let's see—we'll need some soda pop,
A bag or two of ice.

Let's find a close-in parking lot.
(I don't like walking far.)
Of course we'll need a program
To identify each star.

We'll all get beer and hot dogs
When the vendors come around,
And later on some peanuts
And more beer to wash them down.

Let's not forget the souvenirs—
Some pennants, caps, and such.
On second thought, thanks anyway—
Free tickets cost too much.

*—James A. Knoop*

### It's How You Play the Game

Despite what some people say, ours is not a completely materialistic society. We still expect the $500,000-a-year batter to get a hit off the $1,000,000-a-year pitcher.

*—Kris Lee*

### The Ring of Truth

A young man entered a jewelry store and handed the jeweler a ring, stammering that he wished it marked with "some names."

The jeweler was sympathetic. "What names do you wish it marked with?" he asked.

" 'From Steve to Nancy,' " the young man whispered, red-faced.

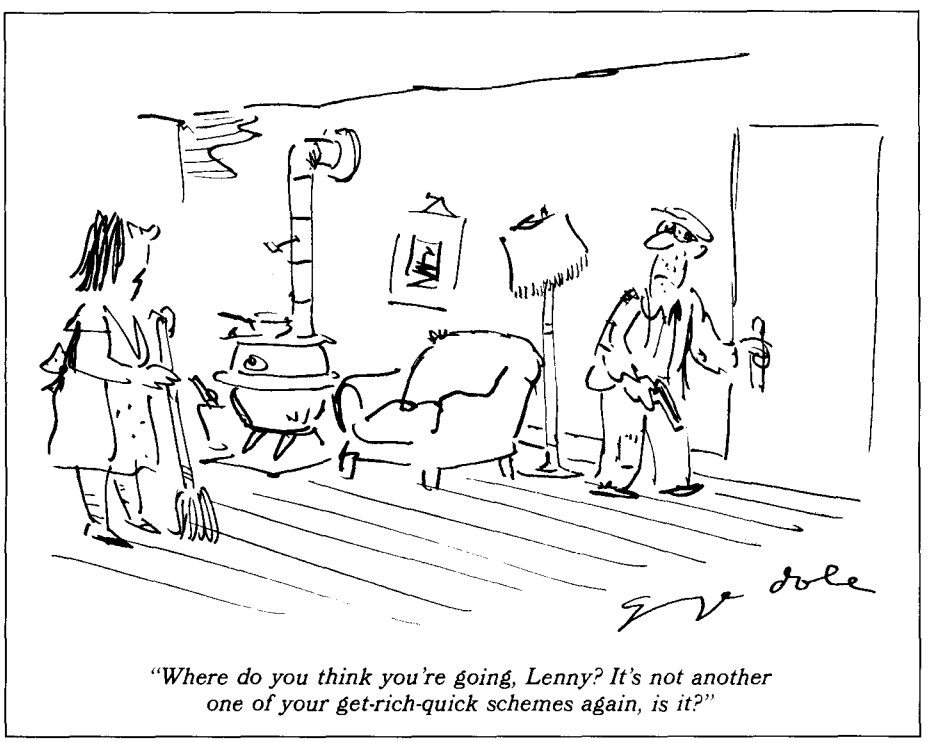
The jeweler looked from the ring to the young man and smiled. "Take my advice, young fellow," he said. "Have it engraved simply, 'From Steve.' "

*—James Curnane*

### Winging It

When some doctors were told to contribute to the construction of a new wing at the hospital, the allergists voted to scratch it; the dermatologists preferred no rash moves; the gastroenterologists had a gut feeling about it; the microsurgeons were thinking along the same vein; the neurologists thought the administration "had a lot of nerve"; the obstetricians stated they were laboring under a misconception; the ophthalmologists considered the idea short-sighted; the orthopedists issued a joint resolution; the parasitologists said, "Well, if you encyst"; the pathologists yelled, "Over my dead body!"; the pediatricians said, "Grow up"; the proctologists said, "We are in arrears"; the psychiatrists thought it was madness; and, finally, the surgeons decided to wash their hands of the whole thing.

*—Tobias Jungreis*



*"Where do you think you're going, Lenny? It's not another one of your get-rich-quick schemes again, is it?"*

### A Bronx Cheer

A research scientist had just explained to New York City's mayor how he had developed a method for creating any animal from only one bone cell, even a dinosaur bone.

"Imagine, Mr. Mayor," he enthused. "A living, breathing *Tyrannosaurus rex* right here in the Bronx Zoo!"

The mayor shot to his feet. "Are you out of your mind? A thing like that could get loose and *level* the Bronx." At that, the dejected scientist turned to leave.

"Wait a minute," the mayor said. "Where are you going?"

*—Robert D. Braitling*

### Jack's Jack

All work and no play makes Jack a dull boy—but rich, usually.

*—Arnot L. Sheppard, Jr.*

### Stocks and Bondage

"How I wish I could see what the stock market will be doing a year from now," an eager-beaver investor mused. "If I knew ahead of time which stocks would go up, I would buy heavily. I could make a mint!"

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

He got his wish. Before him appeared a full newspaper page listing hundreds of stocks and their prices, dated one year ahead. But when he happened to flip the page, he saw the obituary column. His name was included.

*—Rose Korotkin*

### "Fore" Gone

A cry came from the woods;
It was a golfer's plea:
"Caddy, never mind the ball,
Just come and look for me!"

*—Muriel Kovinow*

### Hubble Bubble

I don't watch the soap operas;
I don't have the time.
Besides, I don't need them
With a family like mine.

*—Beth Cook*

### Deft-initions

Tax forms: Scare package
Get-rich-quick scheme:
Preprosperous
X-ray platform: Table of contents
Mountain climber: Steep walker
Frustrated dieter: Set in his weighs

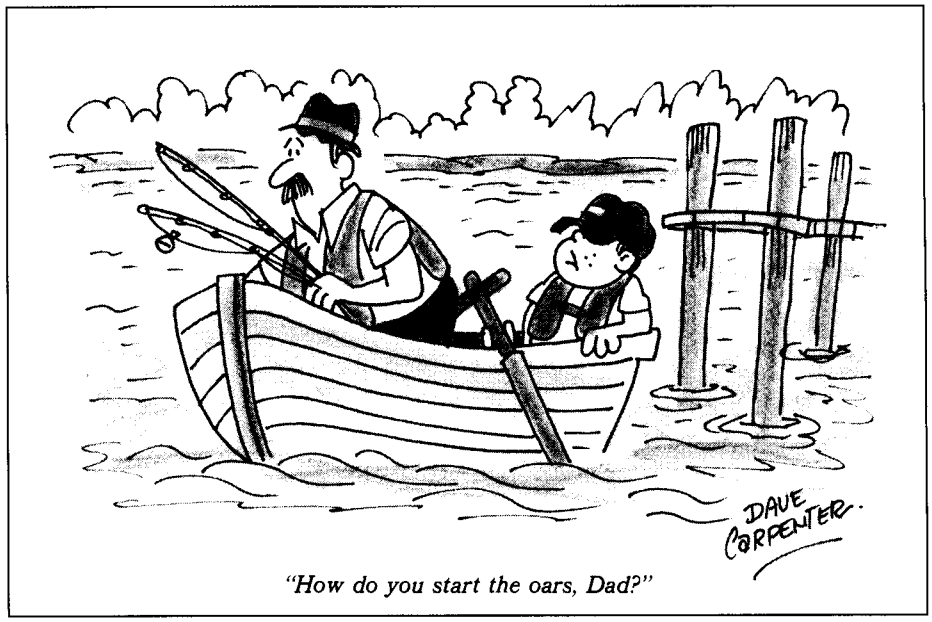
*—Hank Billings*

### Rock 'n' on-a-Roll

Two rock stars were backstage shooting the breeze at a concert.

"Now let's talk about you," one said. "What do *you* think of my new album?"

*—Sam Ewing*




*"How do you start the oars, Dad?"*

### No Passion for Fashion

Knowing what to wear (and when)
Is something that's beyond my ken.
For when I think I know the style,
It's sure to have been gone awhile.

*—Natalie Rothstein*

### All in the Family

Dear Son,

You wrote you were passed over for a promotion and feel too demeaned to stay. To come home now is very iffy. Your brother Tom and his wife just moved back. Their rent was raised, and Tom said they could not move to a more reasonable place and lower their standard of living.

Your sister Eileen phoned and said the bonus she was offered was a belittling insult. She never could endure insults, so Dad is painting her old room.

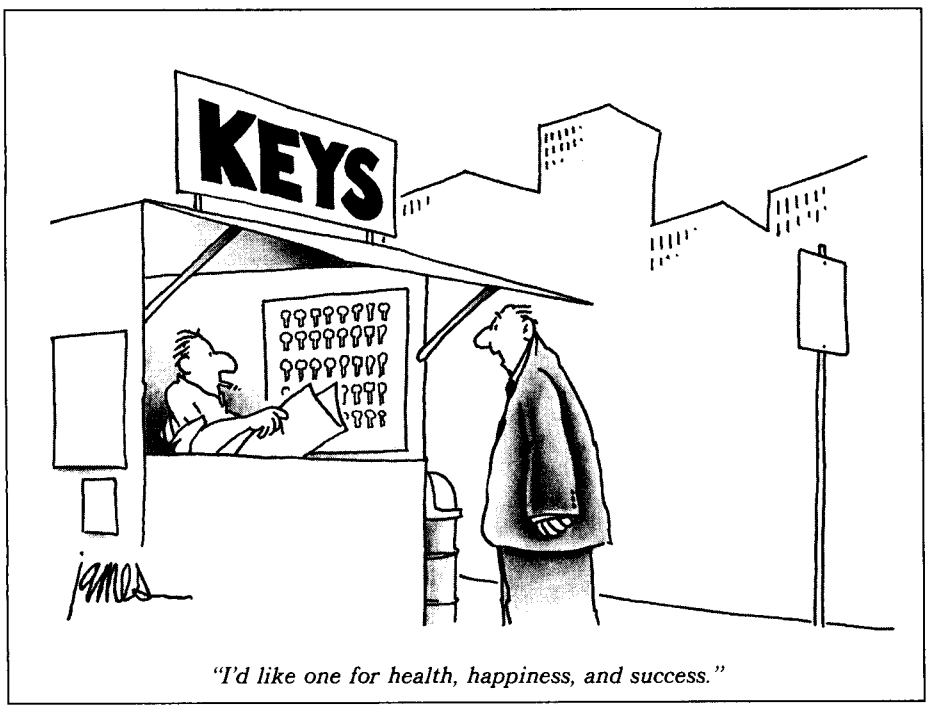
Your CPA older brother James was advised everyone must pitch in to save the firm from bankruptcy. He said anyone is sadly mistaken to suppose he will stoop to the level of a common bookkeeper. We are expecting him this weekend.

Son, if you only missed a promotion, perhaps it has merely been deferred. You, Jane, and the kids better stick it out a little longer.

Your father and I are doing fine. With Social Security as our only income, we were very happy with a 2 percent raise this year.

With love,
Mother

*—Ida F. Killian*




*"I'd like one for health, happiness, and success."*

### The Early Bird *Cooks* the Worm Too

Early to bed and early to rise makes a man healthy, wealthy, and having to get his own breakfast.

*—Rose Sands*

### Cross Examination

An attorney questioned a man on the witness stand. Finally, he surmised, "You seem to have plenty of intelligence for a man in your position."

"Thank you," the witness replied. "If I weren't under oath, I'd return the compliment."

*—Bobbie Mae Cooley*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# THE NEW PRESBYTERIANS

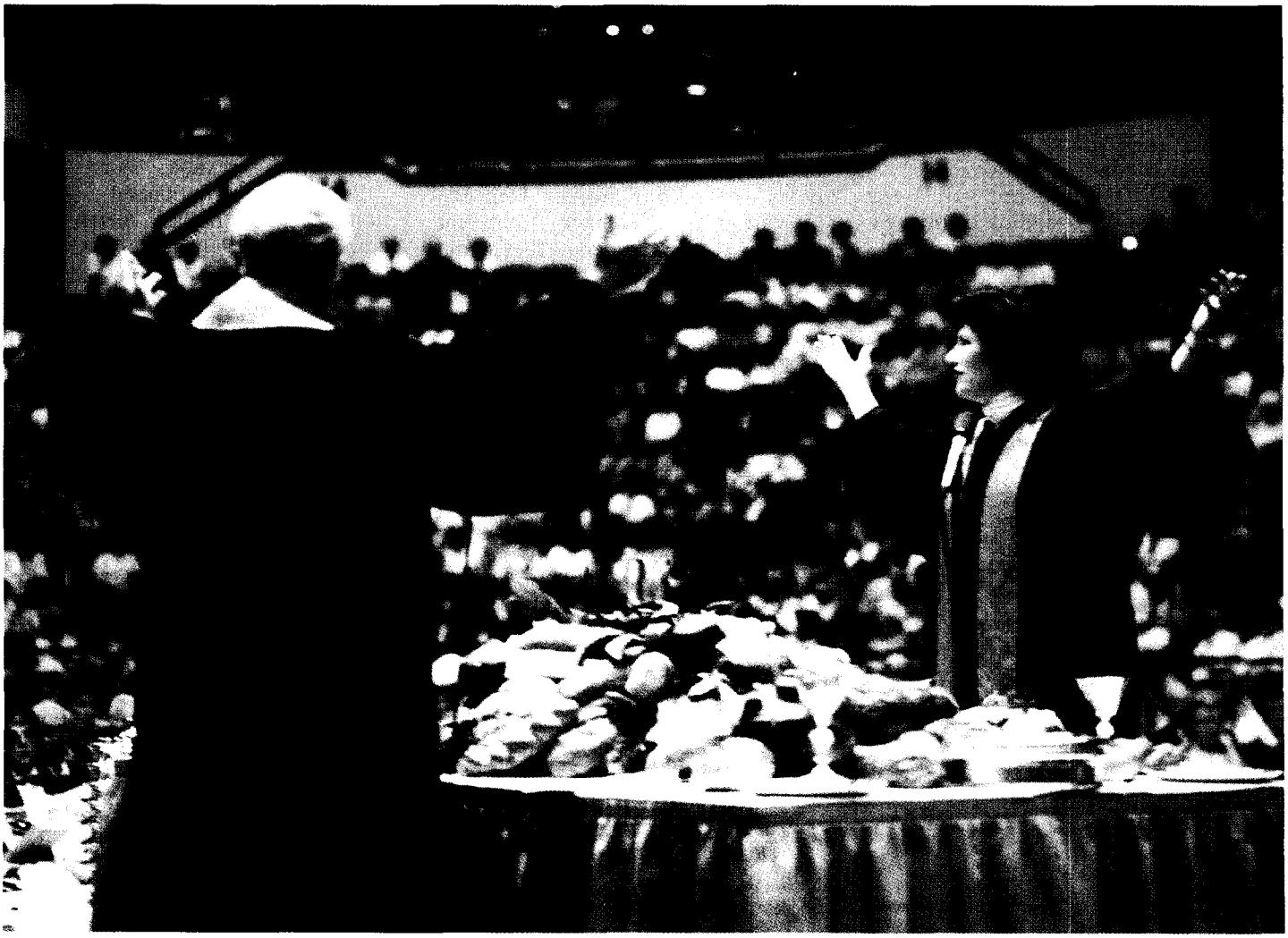
*A united denomination again after more than a century of division, the Presbyterian church is marking its bicentennial with a year-long celebration.*

## by Ervin Roorda and John McCollister

At least two traits deserve note on the Presbyterian Church (U.S.A.)'s 200th birthday—diversity and representative government. Both took root, along with the whole of Presbyterianism, four centuries ago in the Europe of a dedicated, brilliant theologian, John Calvin. Calvin's *Institutes of the Christian Religion*, a definitive Protestant treatise, spelled out Calvin's notion of the ideal church government.

In the Swiss town of Geneva he put that model into practice. Calvin's Geneva was a place of strict moral standards, where a man could be whipped for disrespect to his elders and where leaders' interpretation of God's word was irrefutable law. But it was also a place where each citizen had a vote in the city government and where Calvin encouraged public spiritedness and participation. And Calvin's church was also organized to give the common man a say. It was run not only by clergy, but also by certain laymen elected by the whole congregation and known as "elders," or in Greek, "presbyteros"—hence, the latter-day term "Presbyterian."

Geneva attracted converts from all over Europe. It left an indelible impression on many, including a feisty Scot named John Knox. A Roman Catholic priest who converted to Protestantism, Knox studied with Calvin at Geneva, then went home to bring the faith and the Presbyterian-style church government to his native country. Knox wholeheartedly embraced the idea that all men are equal under God, and his Presbyterian



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Church reflected that conviction.

Presbyterian churches had traditionally been set up along national lines, and now those various groups each brought their own style of Presbyterianism to the New World. The diversity didn't daunt a young Irish-educated Scot named Francis Makemie: Makemie worked tirelessly to bring the varied groups together, and in 1706 he called the first meeting of the colonies' first Presbytery, or association of Presbyterian ministers and their congregations. They were joined in short order by Presbyterians of Welsh, Dutch, German, and French origins.

Already steeped in the philosophy of cooperation and a voice for the common man, Presbyterianism was tailor-made for the budding spirit of independence in the New World. In 1775 the church's governing body in the colonies issued a pastoral letter urging unity among the colonists and a willingness to fight for freedom if necessary.

One of the letter's architects, the Rev. John Witherspoon, taught many of the Constitution's framers at the College of New Jersey (later Princeton University), represented New Jersey in the Continental Congress, and was the only clergyman to sign the American Declaration of Independence.

Once the colonies became a nation, the way was clear for a national Presbyterian Church. In 1789 Witherspoon convened the first General Assembly of the Presbyterian Church of the United States of America, in Philadelphia. But diversity can be difficult for mortal men, and the church suffered a number of painful schisms, both before and after that first Assembly. One had occurred in the mid-1700s between revivalists and anti-revivalists, and a more significant one came in 1837 over the role of volunteer groups in church missions. This time both factions went to court for custody of the title "Presbyterian Church of the United States of America" and both got it—one through a court in New York and one through a court in Philadelphia.

**Since 1983, Presbyterian policies have expanded the role of women and minorities in church life.**

### *Presbyterian Presidents*

Eight U.S. presidents have belonged to or been identified with the Presbyterian Church, a religious denomination closely identified with representative government.

Andrew Jackson
James Buchanan
Abraham Lincoln*
Grover Cleveland
Benjamin Harrison
Woodrow Wilson
Dwight Eisenhower
Ronald Reagan**

* Abraham Lincoln never joined a Christian congregation; however, he regularly attended New York Avenue Presbyterian Church in Washington, D.C., during his years as president.

** Although President Reagan was brought up in the Disciples of Christ denomination, his "adopted" church is Bel-Air Presbyterian Church in Los Angeles, pastored by his friend, the Rev. Donn Moomaw.

The most important split took place in 1861 at the outset of the Civil War. Among the divisive issues were slavery and nationalism. At the 73rd General Assembly that year delegates passed the "Gardiner Spring Resolutions," demanding that every clergyman swear allegiance to the United States of America. The Southern clergy did more than refuse; most of them boycotted the Assembly altogether. The church was wrenched in two. The Northerners kept the name Presbyterian Church (U.S.A.) and the Southerners who broke away banded together as, eventually, the Presbyterian Church of the United States (Presbyterian Church [U.S.]).

It would be late in the next century before the two major branches reunited. In the interim, each remained active in evangelical work and in expanding the mission work the early church had started with American Indian tribes. And in 1983, at long last, the north and south branches reunited.

It's a new version of the old church, just over 3 million members strong, dealing with 20th-century issues and, leaders say, going at them head-on. Diversity and fair representation are two. At the General Assembly, special committees report on the status and needs of the church's minority-group members, including a fast-growing population of Korean-American Presbyterians. (The largest Presbyterian congregation in the world is located in Seoul.) A Presbyterian seminary in Iowa is specializing in training Native American and Eskimo ministers, and the Hispanic-American Presbyterian population celebrated its 100th anniversary last year.

The church is fostering another kind of diversity—that of opinion, says the Rev. Albert Winn, a retired Presbyterian minister and moderator of the Presbyterian Church (U.S.)'s 1979 General Assembly. "We're looking for ways to give representation of different opinions and attitudes as well as racial groups," he says.

The church's mission work has extended into 88 countries, including Central America and the Middle East.

Like other mainline Protestant denominations, Presbyterians are fighting a slight membership decline—about 10 percent in the past decade. In response, the church is emphasizing evangelism. The national headquarters has increased its evangelical staff, and at regional conferences, local church leaders are being trained to evangelize in their own communities.

And the church is dealing with social issues. Some of the papers scheduled at this writing for the 200th Assembly will deal with AIDS; human rights in Chile; the split between North and South Korea; resurgent racism in America; and "Christian Obedience in a Nuclear Age." Even the expression of church doctrine has progressed. The post-war Presbyterian book of confessions contained nothing written since the 1640s. Now it includes the old standards, along with some 20th-century statements. "We're still a mainline Reformation theology," Winn says. "But there is more latitude, more social conscience."

Some of these matters will likely spur debate. But discussion and debate, leaders say, give the church its energy and vitality. In the words of this year's Assembly moderator, Dr. Isabel Rogers: "Presbyterians never agree on anything. We admit our diversity. But from this diversity bubbles up debate, which brings about some of our most thoughtful and forceful statements."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# THE FUMIGATION CHAMBER

*No one could diagnose the cause of Betty Page's mysterious symptoms, but they all seemed somehow connected with the cottage at the lake.*

## by Berton Roueché

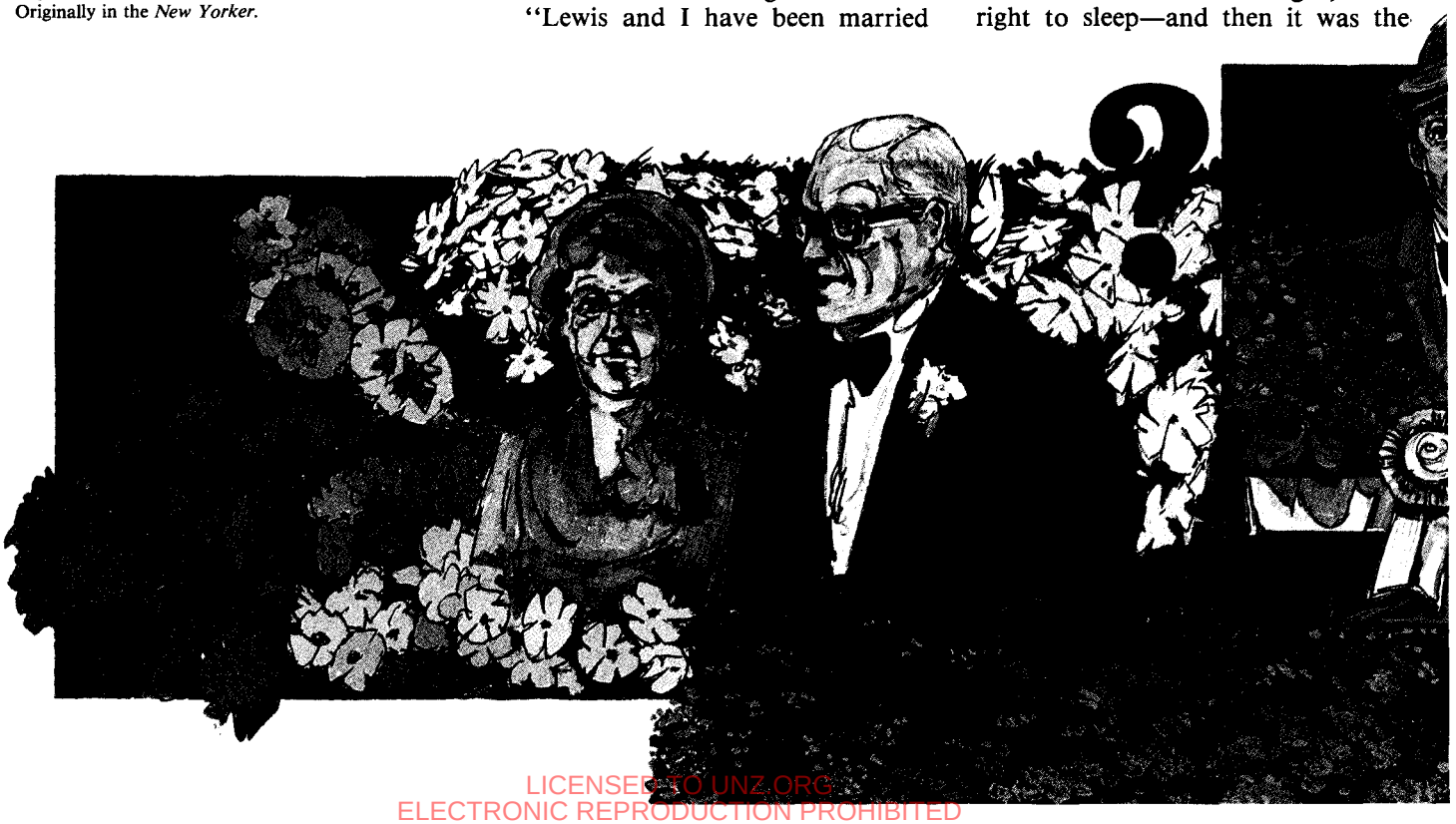
*Illustrated by Craig Stillwell*

A woman I'll call Betty Page was awakened in the middle of the night, around three o'clock on the morning of Wednesday, May 30, 1984, by a spasm of nausea. She sat up with a lurch and a groan. Her husband, Lewis, lifted his head and asked what was the matter. She told him. She said she didn't understand it—she just felt sick and awful. She crouched there, wondering. Then she had an impulse. She had a sudden craving for milk—for a cup of warm milk. She went down to the kitchen and put some milk in a pan on the stove to heat. She drank a steaming cupful, sipping slowly, cautiously. She began to feel better. She went back to bed and fell asleep, and slept until morning.

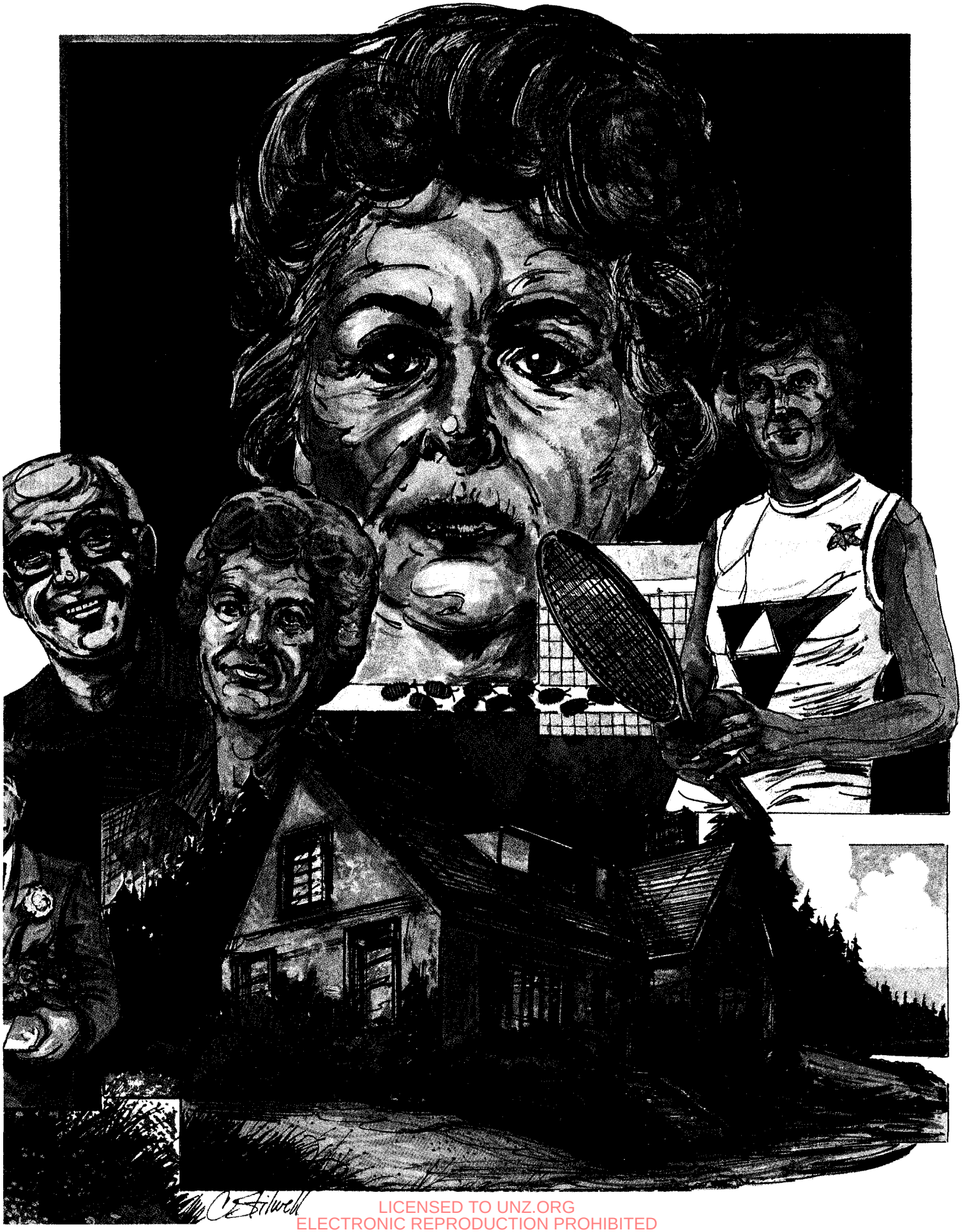
The Pages live in a comfortable fieldstone house in Jenkintown, Pennsylvania, a pleasant suburb of Philadelphia. They also have a weekend cottage on a lake in northern Pennsylvania—a three-hour drive from their home—and a condominium apartment in Aspen, Colorado. Betty Page is a small woman, grayly blond with blue eyes and a wide, smiling mouth, and in May 1984 she had just turned 57. Lewis Page—big, bald, serenely poised—was 60. The Pages are both physicians. Lewis Page (Harvard College, the University of Pennsylvania School of Medicine) is an obstetrician and gynecologist in private practice. Betty Page (Wellesley College and Temple University School of Medicine, where she was elected to Alpha Omega Alpha, the Phi Beta Kappa of medicine) is an internist, and at that time was an assistant professor of clinical medicine at the University of Pennsylvania School of Medicine. She is now, and has been for three years or more, on leave from her academic duties. And for good reason.

"Lewis and I have been married for 39 years," Betty Page told me in a conversation we had not long ago in her home. "They've been happy years. We have a lot more in common than just medicine. But we have our differences. I like to ski, and he prefers scuba diving. His hobby is mineralogy. Mine is archaeology. His glass is always half full. Mine is always half empty. That was the way it was on that Wednesday three years ago, after that night. Lewis was satisfied that it was just one of those things. I wasn't so sure. I was still feeling a little funny. But I had some big distractions that took my mind off myself. Not just my work. Our daughter was getting married in July, on the 28th, and, as the mother of the bride, a lot of the arrangements devolved on me—for one thing, the invitations, the calligraphy. Plus I was making my own dress. Still, I got through the day on that Wednesday. I didn't feel too bad. At night, I fell right to sleep—and then it was the

Reprinted by permission; © 1988 Berton Roueché. Originally in the *New Yorker*.



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

night before all over again. Except worse. This time, the warm milk wasn't really very effective. I took some Tigan, an anti-nausea medicine, and that helped, but only a little. And along with the nausea I had a little crampy feeling, abdominal cramps —what used to be called green-apple cramps. I got through the night. The next day, I did what I had to do, but it wasn't easy. I had an attack of diarrhea. I tell you, I felt like h—. Thursday night was another bad night. About the only thing that kept me going was the thought of our cottage on the lake. We had opened the cottage on the Memorial Day weekend—May 25, that year—as we always do. Actually, I had done most of the opening, starting on the Friday. Lewis sees patients all day Friday, and until late on Friday evening. He does that to keep his weekends free. So now, a week later—that would have been Friday, June 1—I took off for the lake. I love the lake. I always feel wonderful there. It beckoned to me like a haven.

"I felt some better when I got there. I began to think, to hope, that I was overreacting. I did the necessary marketing and got settled for the weekend. There was a lot of work to do. It was a little discouraging. I thought we had done all that the weekend before. The cottage is set in a lovely hemlock wood, and when we went up on the Memorial Day weekend there was hemlock pollen everywhere in the cottage. And now, a week later, there was another dusting of pollen all over the place. So I went to work again. Lewis arrived sometime after midnight. I woke up and we talked a moment, and then another wave of nausea came over me. Milk helped, enough to let me get back to sleep. In the morning, it was good being at the lake, but I really wasn't feeling any better. The nausea came and went, and my mouth was always filling with saliva. I kept having to spit. My abdominal cramps continued. And the diarrhea. I didn't complain to Lewis. I tried to keep it even from myself. I took my temperature. It was normal. That was something, but I still felt just punk. Lewis drove back home on Sunday evening, as usual, and I stayed over for another day of rest and then to close up [the cottage]. I drove down home on Monday afternoon. I hated to leave the lake and go back to work. I was sick, and I knew it.

"Well, now we were into June. I kept thinking, hoping, that tomorrow or the day after or the day after that I'd wake up feeling better. But nothing changed. I never vomited, but I was nauseated almost all the time. I had clammy cold sweats and an awful metallic taste in my mouth. I lost my taste for food. A little milk, some Cream of Wheat—I lived on baby food like that. My normal weight is around 110. Now I was losing something like a pound a week. And I was getting worried—really worried. I had a breast cancer back in 1963, and a radical mastectomy. There had never been any suggestion of a recurrence. But there is something that everybody who has ever had any kind of cancer knows. There is always a sort of subliminal anxiety. An ache, a pain, a feeling not quite normal, and you think, *Is it cancer?* So I pulled myself together and called a gastroenterologist I knew and made an appointment. Doctors are like lawyers. Lawyers don't represent themselves in court. I kept my appointment, and the gastroenterologist heard my complaints and was very concerned. He gave me a full examination—the complete mouth-to-anus workup. The results were negative, entirely normal. That should have been good news. But actually it was frustrating. And the gastroenterologist was frustrated too. So he did what so many doctors do in a situation like that: he went the functional route. What else? He reminded me that I was almost 60. He said, 'Betty, your trouble is that you're not growing old gracefully.' He said, 'Wait until the wedding is over. You're simply a nervous mother. Your histrionics are getting out of hand.' He said, 'Take a little nap in the afternoon. Try to relax.' He prescribed a medication. It was a mixture of his own—a mood elevator and a tranquilizer. I took his nostrum, and I thought I was going to die. I could hardly breathe. It did something to my chest muscles. I didn't have the power to move air in and out of my lungs. I got rid of the nostrum and at once felt better. I mean, at least I could breathe again.

"I may have been a nervous mother. I may still be. But that was hardly the cause of my illness. The day of Elizabeth's wedding came, and everything went off very smoothly, very beautifully—and I still felt sick. I had to take a leave of absence from my job. I couldn't manage anymore. I wasn't exactly idle. I had undertaken an ecological study of our lake. There is an association of families who summer there, and I was expected to read my report at the annual meeting, on Labor Day. I thought if I paced myself I could make the deadline. My long weekends at the lake gave me plenty of time to do the necessary research. And rest. I needed rest. The symptoms that sent me to the gastroenterologist were still with me, and I also had some new ones. I was feeling a very unpleasant tightness in my chest, a viselike feeling, and my heart, even at rest, seemed to be skipping beats. You know how we doctors have fragmented ourselves with our medical specialties. My reaction was typical. I was choosing a doctor on the basis of my symptoms. When my symptoms were gastrointestinal, I went to a gastro-

*"Your mother tells me you've been a bad boy today."*

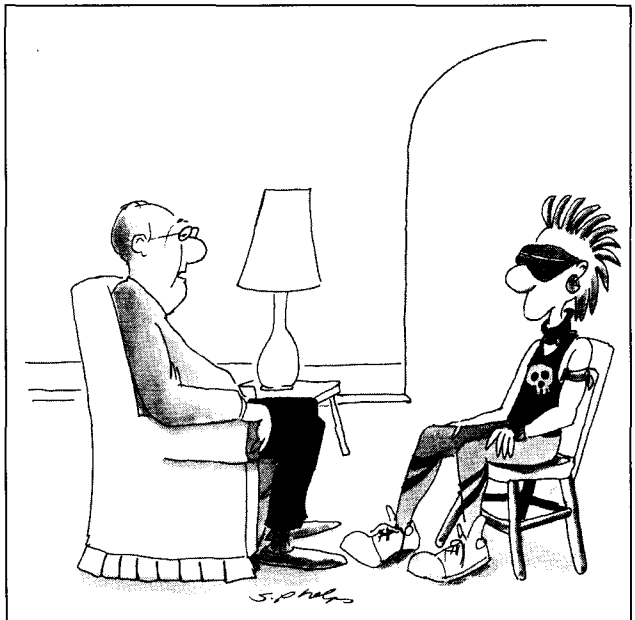
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

enterologist. Now my heart seemed to be acting up, so I went to a cardiologist. I don't think he prescribed a nostrum. But the results were much the same as last time. He gave me a thorough examination—everything known to cardiac technology. There was apparently nothing wrong with my heart. Then some new symptoms began to develop. I had difficulty reading. After perhaps half an hour, I would begin to get double vision. Another problem was muscle weakness. Another was involuntary twitching in my legs. They twitched like a twitching eyelid. Do you remember Fourth of July sparklers? How we used to light them and then pass our hands through the sparkle and get that funny 'pinprick feeling'? I began to have that feeling on the bottoms of my feet. That was more than a little frightening. I couldn't help but think of amyotrophic lateral sclerosis—Lou Gehrig's disease. Well, the doctor I went to this time was able to reassure me. It wasn't that. Believe it or not, I was still playing tennis. Or trying to. I wanted to keep up my muscle tone and my muscle strength. I thought that was the way to fight the weakness in my legs. But I was a blob. And my spells of double vision didn't help my game. Pretty soon, it was all I could do to climb the stairs to bed. Even marketing was exhausting. I remember one day at the supermarket. I was pushing the cart along and I just ran out of steam. I left the cart with all my groceries right there in the aisle and crept back home.

"My weight went down to 95 pounds, but I made it to Labor Day. I went up to the lake on Friday, as usual, and Lewis came up that night. I gave my ecological report at the association meeting, and it seemed to be well-received. I was nominated to serve on the board, and, weak as I was, I accepted and was elected. I was trying not to be sick, I was trying to be part of the living world. Labor Day weekend is always a little sad. It means the end of the season, the closing of the house until Memorial Day. We put up the boat and took down the tennis-court net and emptied the fridge and drained the pipes. I drove back home on Tuesday and settled down for the winter, and everything went on as before. Except that by the end of September I began to feel a little better. I seemed to be in remission. I was still as weak as ever, but I seemed to be getting over that awful middle-of-the-night nausea.

"At about that time, I got a notice from the association. There was a board meeting scheduled for the second weekend in October. I was expected to attend. Good. It meant one last visit to the lake. Lewis wasn't interested. I drove up alone on Friday. The meeting was Saturday morning. I had my dinner and puttered around and went to bed. And woke up in the night as sick as a dog. I was twitching and salivating and shivering with cold sweat. I couldn't believe it. I was stunned. I crawled out of bed and went into the kitchen and fixed myself a cup of warm milk. I sat at the kitchen table, as depressed as I've ever been. There was a paper on the table at my elbow. It was the exterminators' regular monthly invoice. I'd seen it earlier, but I hadn't noticed it. It was too ordinary. When we bought the cottage, back in 1971, the then owners told us that they had had regular exterminators, insect-pest-control service, and advised us to continue it. Which we did. It seemed like a good idea. We even increased it during the summer of 1983, when we began to see a lot of carpenter ants. We had always had some, but now there were hordes, and they were huge—really enormous. So we asked the exterminators to add ants to their regular insect controls. Well, as I say, I was sitting there at the table with my warm milk and looking at that invoice. My brain sort of went into gear. I had been feeling better, but now I was sick again. And these people had been exterminating every month for ants. The light came on. It was three o'clock in the morning, but Lewis is a night person. He would probably still be awake. I called him up, and he answered right away. I said, 'I think I know what's wrong with me. There's the exterminators' invoice here, and I'm as sick as I've ever been. Go to "Goodman & Gilman" and look up insecticides.' 'Goodman & Gilman' is the *Pharmacological Basis of Therapeutics*—the standard text on the subject. I stayed on the phone, and Lewis came back with the book open to insecticides, to the organophosphates. He read off the clinical picture. Here's what he read: 'Respiratory effects consist of tightness in the chest and wheezing respiration, due to the combination of bronchoconstriction and increased bronchial secretion. Gastrointestinal symptoms occur earliest after ingestion, and include anorexia, nausea and vomiting, abdominal cramps, and diarrhea . . . localized sweating and muscular fasciculation . . . fatigability and generalized weakness, involuntary twitchings . . . .' Well, that was it. That was me exactly. I was a textbook case.

"I went to the board meeting and left the minute it ended. Sunday, at home, was a long day. I was waiting for Monday. The first thing Monday morning, I telephoned the exterminators at the lake. I talked to the manager. I told him what I suspected and asked what chemical they were using to control the carpenter ants. He seemed astonished. He couldn't see any connection between the cottage spraying program and my illness. However, he called me back with the information I wanted. I thanked him



*"When my daughter said you were a musician, I really had something else in mind."*

*continued on page 70*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# LOOKING BACK: THE ODDBALL OLYMPICS

*More than 125 curious individual and team events, including live pigeon shooting, tug of war, and small-bore rifle, have enjoyed competitions in Olympic Summer Games—but not for long.*

by Walt Roessing

Imagine a Summer Olympics that offers spectators such exciting events as underwater swimming, a standing hop-skip-and-jump, live pigeon shooting, Finnish baseball, or a 100-meter swim limited to Greek sailors. Or how about a schedule that includes such never-to-be-forgotten contests as Australian football, dueling pistols, croquet, field handball, or running deer-shooting?

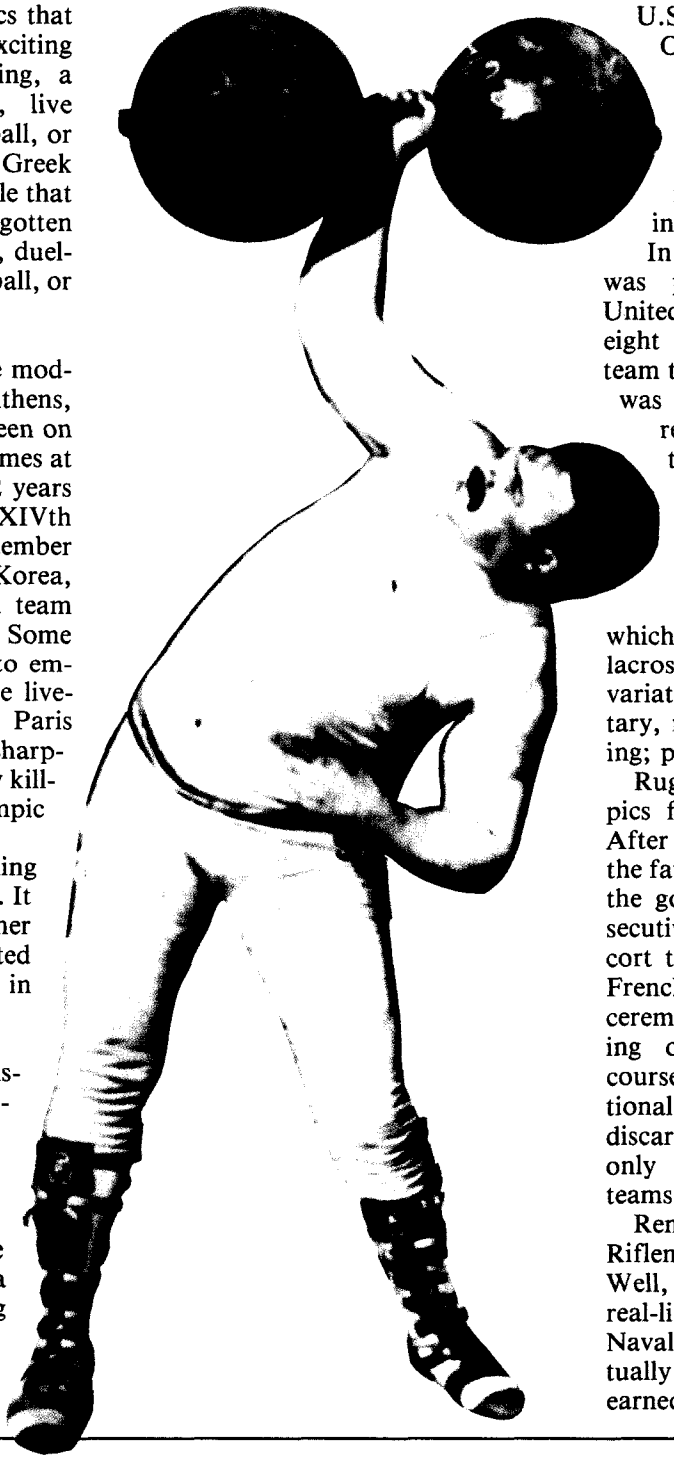
Don't laugh.

Since the introduction of the modern Olympics in 1896 in Athens, Greece, all those sports have been on the calendar of the Summer Games at one time or another. In the 92 years preceding the upcoming XXIVth Olympiad, scheduled for September 17-October 2 in Seoul, South Korea, more than 125 individual and team events have surfaced briefly. Some bobbed up only long enough to embarrass themselves, such as the live-pigeon-shooting event at the Paris Games in 1900. A Belgian sharpshooter won the competition by killing 21 birds. This cruel Olympic sport was then barred forever.

The 2,000-meter tandem cycling race enjoyed a much longer life. It was held at 13 different Summer Olympics before being eliminated following the 1972 Games in Munich, West Germany.

• • •

Track and field leads the discontinued events with 27, followed by archery, shooting, gymnastics, and swimming. Some of those long-gone events and discontinued sports once held special significance for the United States. Golf is a prime example. By capturing the nine-hole women's event at the 1900 Paris Games, Margaret Abbott became the first U.S. female Olympic champion. Oddly enough, she didn't win a gold medal. That's because the 1900 Games were the only Olympics in which no such medals were awarded; the winners received valuable artifacts instead.



In the two Olympics in which golf was played—1900 and 1904—the United States dominated by annexing eight "medals" and sweeping the team title at St. Louis in 1904. "Golf was discontinued because it wasn't really an international sport at that time. Only three countries participated in those early Olympic tournaments," says C. Robert Paul, Jr., the U.S. Olympic Committee historian.

Other discontinued sports in which Americans excelled included lacrosse; tennis; lawn tennis; roque (a variation of croquet); rugby; military, miniature, and free-rifle shooting; polo; cricket; and tug of war.

Rugby disappeared from the Olympics following a near riot in 1924. After the U.S. rugby team crushed the favored French in Paris to capture the gold medal for the second consecutive Olympics, police had to escort the victors from the field. The French booed so loudly at the awards ceremony they drowned out the playing of the national anthem. Of course, the decision of the International Olympic Committee (IOC) to discard rugby was also influenced by only three nations' entering rugby teams in 1924 and two in 1920.

Remember the old TV series "The Rifleman," starring Chuck Connors? Well, America's Carl Osburn was a real-life rifleman from Ohio. A U.S. Naval Academy graduate who eventually became a commander, Osburn earned 11 medals in three Games

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**How tug of war got roped into the Games isn't known, but it is one of the events that was later pulled out.**

from 1912 to 1924, more than any shooter in Olympic history. Many of his medals were for events later discontinued.

Tennis vanished after the 1924 Games, in which the legendary Helen Wills—considered among the greatest female players in history (victories in 31 major championships)—won two gold medals. From 1896 to 1924, U.S. Olympians had captured 15 tennis medals. Unlike most other discontinued sports, tennis—including world-class professionals—has been reinstated for the Seoul Olympics.

Why is tennis the odd sport "in"? Paul explains: "Back in the '20s, millionaire Dwight Davis, the vice president of the U.S. Olympic Committee and the man for whom the Davis Cup is named [also the president of the U.S. Lawn Tennis Association], along with the All-England Championships—which we know as Wimbledon—were afraid the Olympics were going to control the game of tennis. They felt the sport would fail to grow in the U.S. and England as long as it was part of the Olympic program. So they made an economic decision to withdraw the sport from the Summer Games.

"Tennis has been resurrected because IOC President [Juan António] Samaranch and the International Tennis Federation now feel the sport and the Olympics will jointly get tremendous worldwide publicity from allowing well-known professionals to compete at Korea."

As the result of such Seoul-searching, many of the world's best tennis pros have been sanctioned to play in the Olympics, including West Germany's Steffi Graf and Boris Becker, Sweden's Stefan Edberg and Mats Wilander, Argentina's Gabriela Sabatini, and America's Tim Mayotte and Pam Shriver.

• • •

Although many Olympic sports have slipped from sight forever, others have moved in to take their places: volleyball, handball, judo, freestyle wrestling, and synchronized swimming. The IOC won't admit a new men's sport unless it is widely practiced in at least 50 countries on three continents.

Joining tennis as "newcomers" at Seoul will be table tennis, as a full-fledged addition to the Olympic pro-

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

gram; baseball, women's judo, and tae-kwon-do (a form of judo) as demonstration sports; and bowling and badminton as exhibition events. No medals are awarded in demonstration and exhibition competition.

• • •

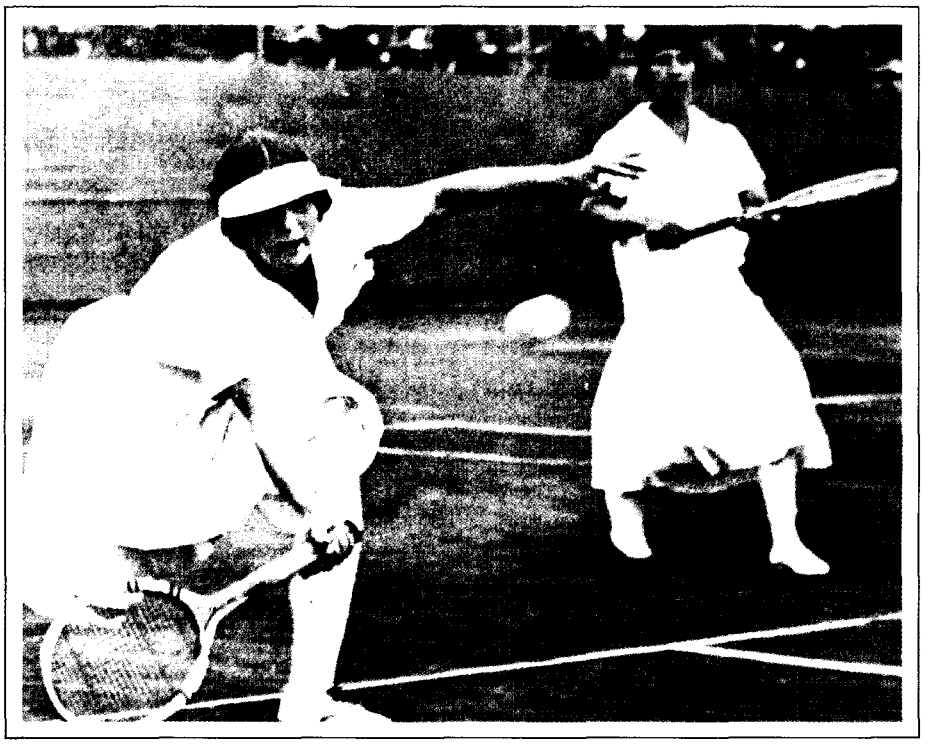
The history of the Summer Games is filled with "the thrill of victory and the agony of defeat." Some of that has occurred in such oddball sports as rugby and tug of war, and still others in such mainstream events as track and basketball.

"Disgusting and sheer robbery" is how Paul, an onlooker at six Olympics since 1960 as both a historian and a spectator, describes the outcome of the championship basketball game in the 1972 Munich Olympics between the U.S.S.R. and the United States. The Americans had apparently won the game, 50-49, with three seconds remaining, when Doug Collins, now the coach of the NBA's Chicago Bulls, sank two free throws. But a controversial ruling by an official gave the Soviets additional seconds on the game clock, and they converted a basket to win the game and the gold medal, 51-50.

"It was the worst thing I've ever experienced in the Olympics," says Paul, whose blood "still boils" over the subject. "The IOC broke every rule in the book and cheated the Americans out of the gold medal. It was shameful." (Paul adds that the U.S. coach, Hank Iba, "was robbed again" in the confusion that followed the game. A light-fingered thief managed to lift $370 from Iba's pocket while he was busy signing the official protest form.)

Controversy has been an American trait in the Summer Games. At the 1908 Olympics in London, the U.S. tug-of-war team pulled out of the competition after its first-round loss to the Liverpool police. The Yanks claimed that the Liverpool team was wearing illegal boots. Not so, said Olympic officials. Liverpool went on to capture the silver medal. After two more Olympics, tug of war was yanked from the ranks of world-class sports.

The American Margaret Murdock —a markswoman who could read only the top line on an eye chart—appeared to have won the gold medal in the small-bore rifle, three-positions event at Montreal in 1976. Her final score was 1,162 points; her teammate Lanny Bassham had 1,161. Before the medals could be awarded, the shooting officials announced they had made a mistake. The two Americans were actually tied at 1,162 points.



**Tennis was dropped after the 1924 Games, when the legendary Helen Wills won two gold medals. The sport will return to Olympic competition in Seoul.**

The International Shooting Union awarded Bassham the gold medal because his last ten shots had been more accurate by a fraction of a millimeter. So Murdock's golden performance was only good enough for a silver medal. This plucky Kansas nurse was still delighted. After struggling for years in a predominantly all-male sport, she had become the first female Olympic shooting medalist.

• • •

When it comes to gymnastics, millions of sports fans are familiar with the name Mary Lou Retton. At the 1984 Olympics in Los Angeles, this 4'9" dynamo collected five medals. The bubbly Retton, the youngest U.S. gymnast to win an Olympic medal, will be a commentator for NBC Television at Seoul.

George Eyser was born too soon for such an opportunity. In 1904 in St. Louis, the American gymnast won six medals in such events as rope climbing, horizontal bar, and parallel bars while heroically competing with —a wooden leg.

Television would have loved such drama. But the Olympics weren't televised until the Berlin Games of 1936, and then the telecasts were shown only in Germany. U.S. television coverage began in 1960.

Like Eyser, many U.S. Olympic heroes have gone unsung because they competed before the age of television. For example:

• Eddie Eagan is the only American to capture gold medals in both the Summer and the Winter Games. This Yale graduate and Rhodes scholar won the light-heavyweight boxing title in Antwerp, Belgium, in 1920, and in 1932 he was a member of the winning four-man bobsled team at Lake Placid, New York.

• Marjorie Gestring is America's youngest-ever gold medalist. She was 13 years and 9 months when she took the springboard-diving event in the 1936 Games. Conversely, Galen Spencer is the oldest U.S. gold-medal winner; the archer scored his victory at age 64 in 1904.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

• Although the American fencer Janice Lee Romary never won a medal, she competed in more Olympics than any woman in history. Her string extended from 1948 to 1968.

Following unprecedented gymnastic performances from 1956 through 1964 at Melbourne, Rome, and Tokyo, the Soviets' Larissa Latynina leads all Olympians with 18 career medals. That's 7 more than Osburn and the U.S. swimmer Mark Spitz have won.

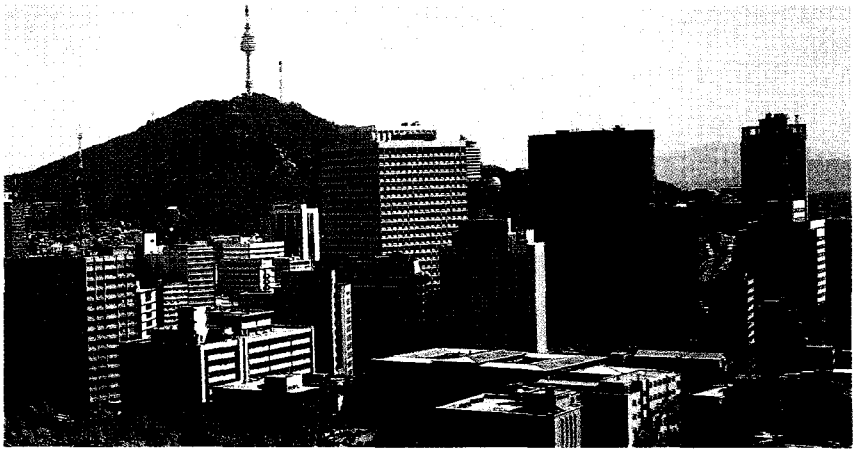
• • •

The Summer Olympics would seem an unlikely setting for romance. The crush of athletes, officials, journalists, and spectators makes privacy virtually impossible. But an American hammer thrower, Hal Connolly, and a Czechoslovakian discus champion, Olga Fikotova, fell in love while both were winning gold medals in the 1956 Olympiad in Melbourne. After marrying, the couple competed for the United States as husband and wife in the next three Olympics. But neither won another medal. And following their divorce in 1975, Connolly married another Olympian.

Surprisingly, many married American couples have competed in the Olympics. Combining for four medals in the 1920 and 1924 Olympics were a swimmer, Frances Schroth, and a water-polo player, George Schroth. Andrea Mead Lawrence and her husband, David, were both alpine skiers in the 1952 Winter Games at Oslo, Norway, where she became the first U.S. skier in the history of the Games to win two gold medals in Alpine skiing.

Then there are the cyclists Davis Phinney and his wife, Connie Carpenter-Phinney. Davis managed a bronze medal in a 100-kilometer team event in the 1984 Games at Los Angeles. Connie was not only a gold medalist in the women's inaugural road race in the same Games, but she is also the only U.S. female to compete in both the Summer and the Winter Olympics, having been a speedskater at the 1972 Olympiad in Sapporo, Japan.

Indeed, so many unusual things have happened in the 92-year history of the modern Summer Olympic Games that they deserve their own version of Trivial Pursuit.



**Seoul is preparing for an estimated quarter-million foreign visitors.**

### *Summer Olympics at a Glance*

• Location: Seoul, the capital of South Korea, with a population of 10.5 million.

• Dates: From September 17 to October 2.

• Focal point of the Games: The $73 million Olympic Stadium, a 30-minute drive from downtown Seoul. The 100,000-seat stadium, completed in 1984, will host the track-and-field events, the soccer finals, and the opening and closing ceremonies. The lighted stadium has a giant video scoreboard.

• Number of competition venues: 34, all located in Seoul and its environs except for some soccer preliminaries and yachting. Most venues were tested in 1986 at the Tenth Asian Games.

• Number of athletes and officials: 13,500.

• Participating nations: 161.

• Number of medal sports: 23, with a total of 237 medal events.

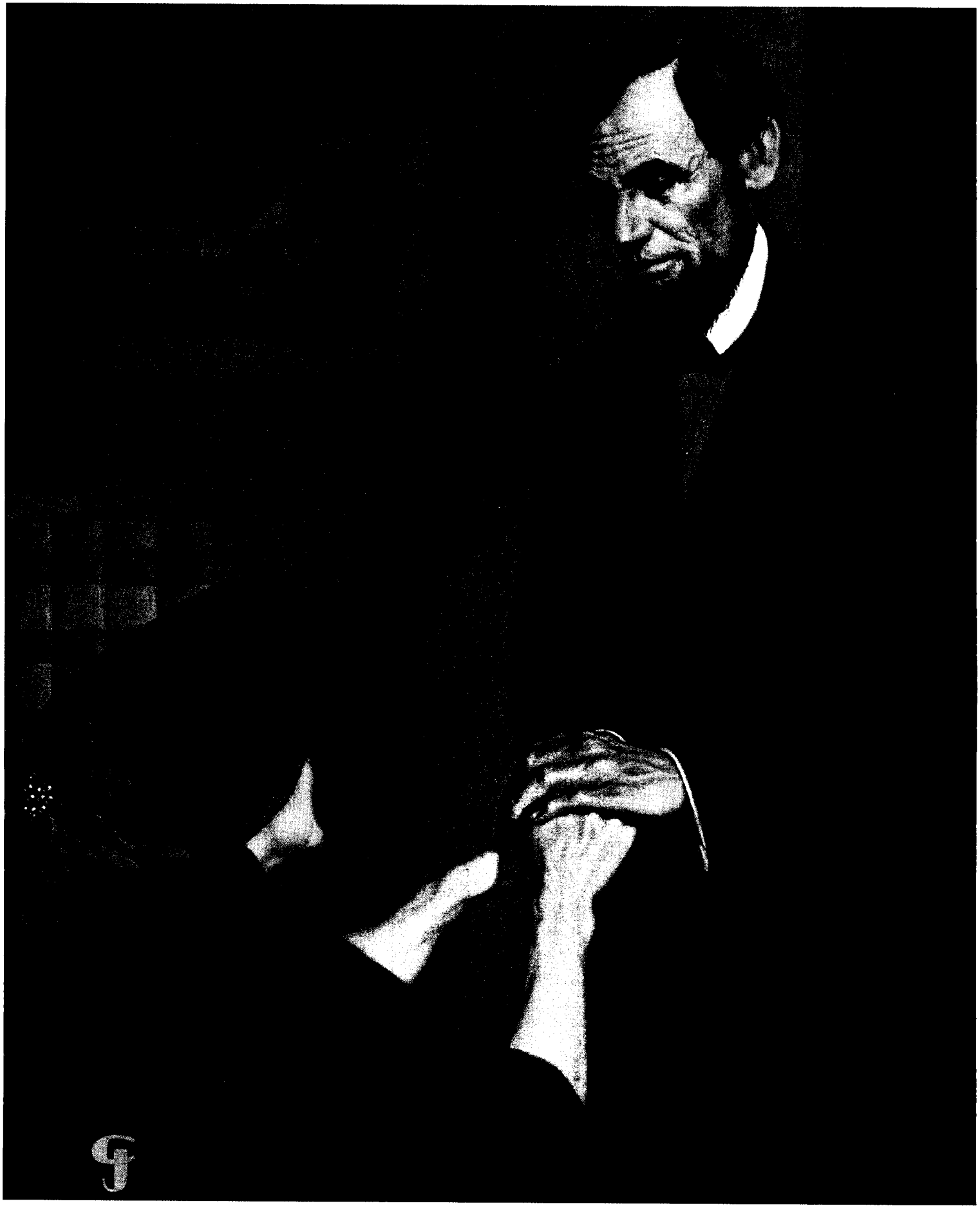
• Number of journalists: 10,600.

• Number of foreign tourists: 240,000.

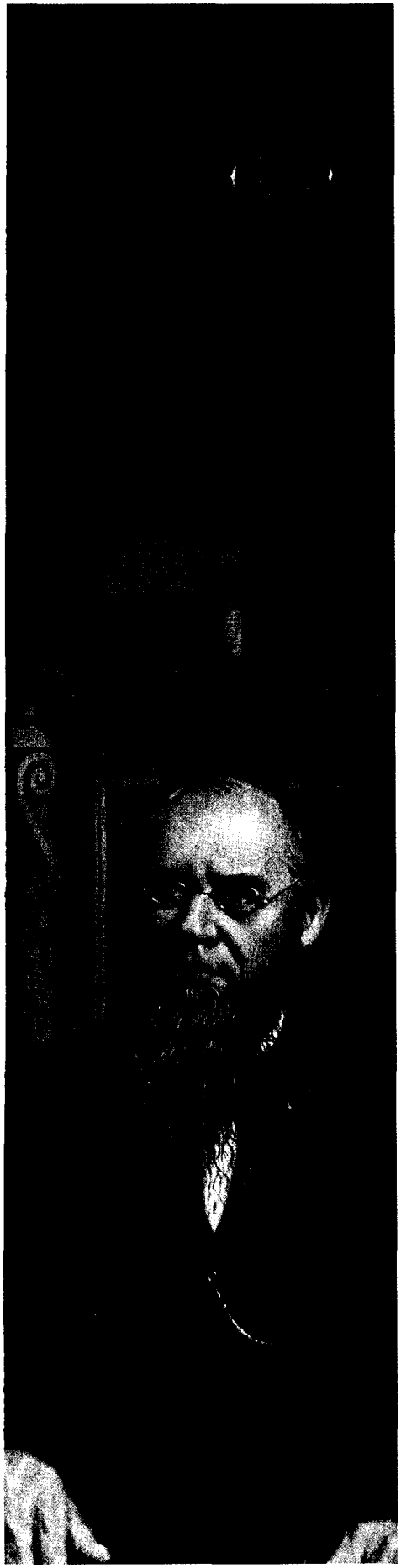
• Olympic budget: $3.1 billion.

• Television coverage: 179½ hours on NBC network from September 15 to October 4. The prime-time host will be Bryant Gumbel.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



# DOOMSDAY and Mr. Lincoln

***The life of her son hung in the balance. Even the President might be too late to save him.***

It was in the early spring of 1865 that I was detached from my company—Company H of the 9th Massachusetts—and assigned to duty in the office of the Secretary of War at Washington. This was a move I did not particularly welcome, and when later I was told that it had come about through political influence, I was still less satisfied with it. But I was only a lieutenant, and the orders had passed far above my head, and I had no voice in the matter. The decision was taken after an appeal by a certain congressman from Boston who was thinking to gratify my father by executing a favor upon his son.

Anyhow, I reported, as directed, to the Hon. Edwin M. Stanton in his office, which he occupied as Secretary of War. The interview taught us much about each other.

He lifted papers from his desk, reviewed them, set them down, and gazed at me. I stood to attention.

"Your name is Lieutenant Amos Chittenden?"

"Yes, sir."

"You come from Boston?"

"Yes, sir."

"I have understood that people from Boston hold strong opinions. Is that true?"

"Most likely, sir, so far as matters of importance may be at issue."

"You may stand at ease, sir."

"Thank you, sir."

"You need not thank me. I ask for no thanks. I ask for no opinions either. Any matters which may arise in this office are ipso facto matters of importance. If you are to be one of my secretarial aides, you will be required to abandon your native habit of forming opinions while in my service. Any opinions formed here will be mine. Is that clear?"

"It is, sir."

"Do you think yourself qualified for this service?"

"Not knowing the service in detail, sir, I find it hazardous to say. But I do not anticipate any difficulty."

"Your confidence, Mr. Chittenden, may perhaps approach insolence."

"That I would regret, Mr. Secretary."

"How did you contrive to obtain this assignment to the safety of Washington while serving in the battlefront?"

"I wish to make it plain, Mr. Secretary, that I had no part in whatever course of action deposited me here."

"You expect me to believe that?"

To this I remained silent. Mr. Stanton flushed. He had been given a lesson in manners. He said, in an affected tone, "I seem to

## BY PAUL HORGAN

*Illustrated by CARROLL JONES*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

detect the effects of education at Harvard College in your general deportment."

"It may well be so, as I am a recent graduate of that institution."

"I trust that you learned habits of promptitude in that august academy."

"I trust so, sir."

He turned toward a small desk in the corner opposite to his own, motioned me to it as to my post, and then resumed his study of documents before him. Such was my reception.

Thereafter, it seemed that no matter how early I arrived at the office, the secretary was there ahead of me. Though I told myself that it was not worth it to try to beat him to work in the morning, I was determined that someday he would find me at my desk, instead of the other way round.

But there he was behind his great corner desk, saying nothing when he saw me come in each morning, but only seeing me. His head didn't turn; only his eyes. His silver-rimmed spectacles had small oval lenses. They made his eyes look smaller than they were. They did not blink; they were as black as little bits of Pennsylvania anthracite in his white face, which turned pink when he was put out. He was often put out. Then he tried to act calm, but his white hands quivered in spite of all he could do. His long grizzled beard did too. He was a proud man; hard-working; smart as a new dollar; legal minded; went by the book; too proud to think anybody else his equal in all such matters.

"If you do your duty, don't ask me for praise," I heard him say to people who worked for him. "I do my duty, and nobody praises me, nor do I expect it."

One day he scornfully added to these remarks, "If any of you want buttering up, go see Mr. Lincoln. He always has plenty of goose grease to give out."

If I set down so much about him, it is because I am concerned to give for my own satisfaction an account of matters "of importance" which, once begun in my thought, will not lie quiet till completed.

I will therefore state that on the morning of April 14, 1865, I came in at ten minutes to eight. Mr. Stanton was writing. He always had papers to do, and kept the taper burning on his desk for his sealing wax. Without stopping his pen, which I could hear, he watched me to my desk in my corner of his private office, and only when I got out on my own work did he let me be. In the next room the telegraph had already started up. There was nobody in there to answer it. The major was late.

At eight o'clock the secretary got out his big silver watch and looked at it. He might just as well have said out loud, "He's late, and there's the telegraph to be answered. Somebody will pay for this." He put the watch on the desk where he could keep his eye on it. I certainly felt glad not to be the major, for the reception that was building up for him.

*"The candlelight dinner was lovely until his newspaper burst into flames."*

The secretary signed, folded, and sealed half a dozen papers before the major actually arrived. Then we heard a heavy door close gently in the telegraph room, which meant that the major had come in from the corridor to his own office instead of entering through the secretary's main door. The secretary glanced toward the other office and then took up his watch to fix the major's exact degree of tardiness.

He then turned to me and said, "Lieutenant, fetch the major in here."

In the next room, I found the major opening the slats of his shutters. I nodded to him to go in to the secretary. He shrugged, giving me a wink. I didn't want to go back to my desk to listen to his dressing-down, but knew I had to. So I did.

"I'm sorry, sir," the major said, standing beside the secretary's desk. "I couldn't help being late."

There was no answer to this but the itching noise of the secretary's pen going along the page with the self-content of a man who was never wrong. The major glanced at me, and the secretary observed this—how, I do not know, but he looked up, and said in his high, dry voice, "Do you know precisely how late you are, major?"

The major reached for his own watch.

"Do not trouble, sir," said the secretary. "I can tell you. You are precisely 14 minutes late. It would be bad enough if you had a private employer. But you do not, sir. You are employed by the public of the United States, who pay your salary out of tax levies in the interest of the war. I represent that public in my position as Secretary of War. I will not tolerate——"

The major, with a frontiersman's sense of justice, interrupted, which amazed me.

"As I told you, Mr. Secretary," he said, "I couldn't help being late. The streets are so crowded nobody can get through."

"And why are they crowded, major?"

"Why, as you must know, sir, it's General Grant. He is in town, and wherever his carriage——"

"Ah, yes. He has managed a sort of notoriety with his victories."

It was not the first time I had noticed that Mr. Stanton was displeased by the approaching end of the war. Lee had already surrendered to Grant, and all that remained was for Sherman to take the surrender of Johnston. Mr. Stanton made no secret in the office that he believed the South should be beaten so badly that she could never again hold up her head. The President took the opposite view, which had already prevailed in the merciful terms of surrender

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

given by Grant to Lee. If there was bad blood between Mr. Lincoln and Mr. Stanton, this was the cause of it, I'd say. The major did not answer the secretary now, for it was evident he could not do so with respect.

The secretary flushed and said, "You've wasted enough of my time, and your own, major. Get your tablet. I will dictate."

While he waited for the major to return, the secretary nibbled on some imaginary kernel of something, which made his whiskers shake rapidly. Then, when the major was ready, sitting alongside, he dictated, watching every stroke of the major's pencil, and frowning, and nodding forcefully, as if to control the pencil himself:

"The Secretary of War and Mrs. Edwin M. Stanton beg to decline the gracious invitation of the President and Mrs. Lincoln to attend the theater this evening, April 14, 1865, at half after eight o'clock."

The major could not help looking up in astonishment at the words he had written down.

The secretary understood him and snapped, "That is all, major. And never mind having any opinions as to this. I would rather be rudely sincere by absenting myself than politely hypocritical by attending."

"Yes, sir," the major replied. "I didn't mean anything, only a presidential invitation is usually——" He thought it wise to change the subject. Standing up to his full height, and stretching his big arms downward with a boylike sort of good-natured strength—he was a powerfully made fellow—the major said, "I'll be in the audience tonight, sir, I expect. We have tickets."

"Have my note copied very neatly," the secretary ordered, "and send it instantly to the White House by orderly. And one thing more, major."

"Yes, sir?"

"I believe I shall require you to remain on duty this evening, here."

"On duty?" the major repeated. It was hard to swallow, with all his plans for the evening.

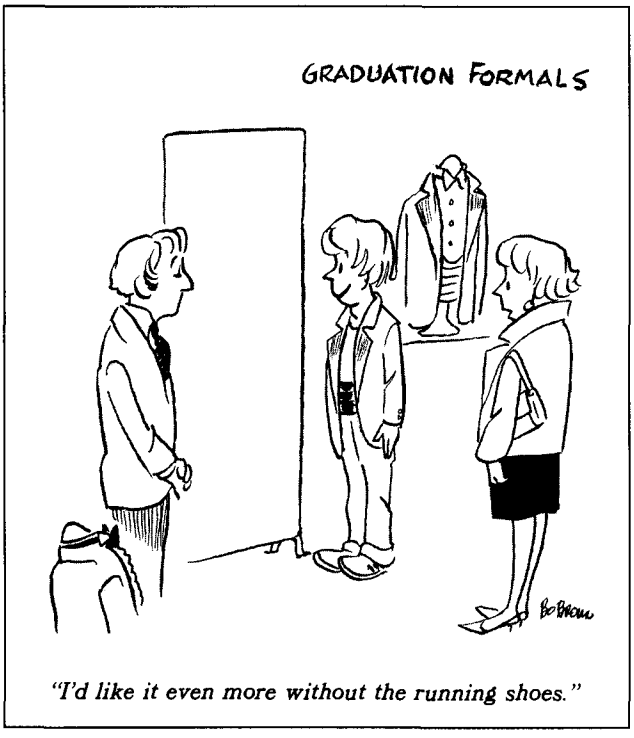
"You will have to forgo your theater engagement, sir. Something might come through on the wire, and if it did, you would convey it to me."

The major's voice cracked when he exclaimed, "I had no idea I'd be late this morning, Mr. Secretary. I left home in plenty of time."

"That's very unpleasant of you, sir," the secretary stated, with almost a smile on his mouth, but not in his eyes. "Your being late has nothing to do with my orders. Please attend to my message to the White House immediately."

For an hour or more there was quiet in the office; but the air seemed—to me, anyhow—full of what we all thought of each other. As the major came and went with dispatches, not even official words were exchanged. He was about to retire to his own telegraph room from one of his little forays when, without knocking, the corridor orderly opened the main door and said, in military style, "The President, sir!"

Mr. Lincoln came into the office backward, bending over a little and wagging a worn, plain woman in after him. I had not seen him many times, and it struck me right droll that all I could see of him that morning, at first, was long coattails and long flat back, and dark hair ragged over his crumpled white collar, and his black stovepipe hat, which was dented and rubbed the wrong way.




*"I'd like it even more without the running shoes."*

Now, contrary to much opinion, I regard Mr. Lincoln as the most remarkable man of the age. I know all the arguments against him, and some of them have point. But I do declare that if you could listen to what he had to say and really hear it, what you heard was the voice of one who really respected human nature, and tried to account for it, all of it, good and bad. I'd heard better speakers—the Reverend Mr. Parker, at home, and several of my professors at Harvard. I'd seen grander-looking public figures—Senator Sumner and Secretary Chase. I'd encountered better-educated men—Mr. Emerson, for example. But with all his rumpled, loose-hanging garments, and his pale-brown face with its warts and its gullies, and his gangling movements, Mr. Lincoln had something shining straight out of the heavy shadows under his brows that went right to you. Sometimes you thought he'd crumple up with fatigue before your eyes, but then he'd crack a joke or just look at you in silence, and you would nod your head and agree with what he really was, no matter how he might pretend to be nobody much. You did, anyhow, if you weren't Secretary Stanton.

When he saw the President bringing that old woman into the office that morning, the secretary jumped up, bright red, and cried, "Who is that, and what does this intrusion mean?"

Mr. Lincoln turned around and swept off his hat with a comical swagger, and said, "Why, this is Mrs. Ezra Grimes, from New Hampshire, Mist' Secretary. I found her wandering outside, and I brought her here to see you, because she says you refuse to see her, being a busy man and all."

The secretary squinted over his collection of official thoughts, and then said, "Grimes? Ah, yes. I have nothing further to say about the case, as I believe I have already made clear. Good day, madam."

The President turned to her and threw his long arm out in delight.

"You see?" he said to her. "I told you he'd remember the name. Mem-

*continued on page 82*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# SAILING DOWN THE ROOT CANAL

*After excavating the nerve, the dentist caps it with what he calls a crown. At the price, it should be a tiara—diamond studded.*

**by Maynard Good Stoddard**

*Illustrated by Don Trawin*

I'm strongly thinking of putting my dentist on salary. The primary reason is root canals. I've had six of these fake suckers—count them, they're all right here in the front—and it would be cheaper and a lot more fun just to bite down on dynamite caps.

A root canal, for you of root-canal innocence, is a ritual in which the dentist and/or his assistants excavate the nerve from a tooth and fill the cavity—and I'm going here strictly by the price tag—with pure platinum. Over this mother lode the dentist then installs a clone of pure India ivory.

And why does my infrequent smile now disclose six of these treasures? No mystery, really. It's because I have chosen a dentist who upon graduation from dental school took the Yacht Oath, swearing upon a cigar box full of denture failures that he would own a yacht before reaching the age of 35. Not that I would mind making a payment or two on his blasted boat, but apparently I am paying for everything but the anchor. He must be making this anchor himself from other dentists' fillings he removes to make room for his own. Why don't I just hand him the money and go on my merry way? Because I've got one of those moral dentists who won't accept money without giving something in return. In my case, six root canals.

What gave the overseer of my enamel an excuse to convert my six human teeth into these lavish fakes? No mystery here, either. A postcard arrived in the mail one otherwise carefree day to remind me that the anniversary of my annual teeth cleaning was coming up. The wording also carried a subtle hint that unless I made an immediate appointment I could very well be gumming my Big Macs before the year was out.

Heaven forbid! So I hurried in to have my teeth cleaned. And while I can't prove malfeasance, or whatever, it does seem odd that the very next week one tooth broke off at the gum line upon biting into a lemon-meringue pie. And I could feel another one weave whenever I opened my mouth on a windy day.

"Wouldn't it be cheaper just to have him glue the teeth to your partial plate?" my dear wife asks each time I take back her weekly allowance to help pay for one of these assaults on my dental structure. On six different occasions I've tried to broach the same question to my dentist. But having evidently worked his way through dental school as a carnival barker, he doesn't give me a chance to broach. Let me interrupt his pitch on how great he's going to make me look, and he will immediately ram a "Shut Customer Up" device into my mouth and ask

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

whom I like in the coming election.

As for trying to convince a dentist that this gap in your yap is the direct result of his having cleaned your teeth right down to the nubbin the month before, forget it. He will argue that your dental skid row is more likely the result of having been nursed on a laboratory beaker. Or that you've been using a brush hard enough to take plaque off a cement block. Or what have you been using for dental floss, binder twine? And you hold your breath, afraid he'll wind up with Red Skelton's famous line: "Your teeth are O.K. but your gums will have to come out."

Let us say that we are both of the same religion: devout cowards. And let us say that we prefer to get along with a smile that looks like a white-washed picket fence in disrepair rather than to face the pain of a root canal, which we have heard rates right up there alongside a porcupine breech birth.

But as FDR once said, "We have nothing to fear but fear itself." So . . . let's get on with it.

The procedure begins, of course, with an X-ray, the price of which will pay for a compass on the dentist's boat. It will also assure the dentist that the remains of the tooth in question have a root and that they are not being supported like a drunken sailor by the teeth on either side. The next step is to lower the dental chair until all the coins in my pants pocket fall out on the floor. These go into a collection that pays for lunch for the impassive little office group.

"Now we'll have to numb you," the dentist trills, flourishing a mini-javelin that leaves no doubt of its ability to render my face immobile. "This may hurt a little," he confides as he follows me down in the chair and finally makes contact with the timorous tissue of my gums. "And how are we feeling today?"

"Arrgummeeronum," I explain, pointing to a knuckle the size of a walnut where some drunk had stepped on my hand at a party the night before.

"Great," he says, pushing the plunger on his converted grease gun that forces in the venom. "And how's the family?"

"Garrumfeeserrspacytt," I enunciate.

"Wonderful."

He then jabs me twice more—not that I need it, we'll soon discover, but evidently he can't unload the thing and doesn't want to see the stuff wasted. Leaving me there to numb, he hurries back to his yachting magazine.

It's all of 15 minutes later before he interrupts my delightful entertainment of staring at the ceiling by bustling in to ask, "Do we have a fat lip?"

Fat lip? The fact that I answer with hand signals should be a slight indication. But even I don't know that for the next four hours I will be using my necktie for a cuspidor. And why is the dentist now wearing a mask? So I won't be able to identify him in court, of course, should things go wrong. Like what? Like dropping his grinder in my lap while daydreaming about a name for his yacht . . . will it be "Molar Maid"? . . . "God's Little Acher"? . . . or how about "Cavity Jane"? (I actually have had one of those augers dropped in my lap, and it's not all that pleasant. I never did get the latticework effect out of the front of my pants.)

*The chair is lowered until all the coins in my pants pocket fall out on the floor.*

Time now for the X-ray office party, attended by two assistants obviously hired for more than their dental skills. Numbness by this time having reached my ears, I can catch but snatches of their repartee as they peer at the substructure of my doomed tooth, now exposed on the light table. From what I can gather . . . he wants a sausage pizza catered for lunch . . . one assistant is holding out for a Hardee's chef's salad . . . the other assistant brown-bagged a turkey sandwich, but she could help out on a pizza, if it were pepperoni. Why won't the salad assistant go along with a pizza? Because they are having beef and noodles for dinner, and she's got to take it easy for lunch. And I am drooling on my necktie.

Concerned that the pizza pros and cons might be penetrating my frozen earbuds, the dentist and assistant begin exchanging phrases more pertinent to their trade: "File length measurement" . . . "incisal wall of the pulp chamber" . . . "flame beaks of cotton pliers" . . . "amputated apical end" . . . "labial-lingual plane." "Barbed broach" impressed me least of all.

The pizza ordered—half sausage, half pepperoni—and my X-ray having served its purpose as a conversation piece, into the archives the X-ray goes. The assistant then isolates my sentenced tooth from its sympathetic companions with a rubber dam, and the dentist begins grinding it down beyond all redemption. This precaution he learned in Customer Relations II, a dental-school course designed to prevent the customer from hauling his big fat lip out of there, Kleenex bib and all.

Why would a patient leave? asks the innocent with his full complement of ivories. Because the pain of price cannot be numbed. What better time than the victim's state of partial paralysis to introduce this delicate subject? It will be done earlier only if the small amount of change that has fallen to the floor indicates a deadbeat.

"By the by," the dentist says, letting his motor whine to a stop, "your root canal will be $145." Having pegged the price at more like twice that amount, I am midway into a sigh of relief when he cuts it short by callously adding, "And the crown will be $410—for a grand total of $555."

A *grand* total, he says. A crown, he calls it. At that price my tooth should be wearing a tiara, diamond studded. But to jump up and flee now would be inviting another hole in my face, for he is back in there "extirpating" (a word that probably added at least ten bucks to my bill) more nerve from the tooth. He removes the auger only long enough for the assistant to stick her head into my mouth to check his progress. It obviously being her responsibility to use up the X-ray film before the expiration date, she has my

*continued on page 96*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# HOME SWEET (RESTORED) HOME

*To salvage, restore, and discover the beauties of a 100-year-old structure is as romantic a notion as going after sunken treasure.*

**by Jim Pettigrew, Jr.**

A particular character bent runs, like a vein through a lobster, deep within lovers of old houses. Call it flaw or passion, the phenomenon manifests itself in many ways; while other people snuggle safe in their condos or new homes, the old-house aficionado may be poking through a decrepit structure with ice pick and flashlight. Even though the pick may sink to the hilt in a wooden member, the decaying post doesn't represent just "damage." It hints at rescuing an almost-living thing and restoring its charm and elegance.

Home restoration, a large, loosely knit genre, has grown continually in popularity for the past 15 years. Although its scope is quite large, the movement's diversity makes it virtually impossible to compile accurate data. There is no national organization devoted strictly to home restoration. Housing-industry experts can say only that the actual numbers lie somewhere in the $92 billion industry sector encompassing remodeling, do-it-yourself (DIY), and restoration. This part of the housing industry reports figures very close to those of total new construction in 1987.

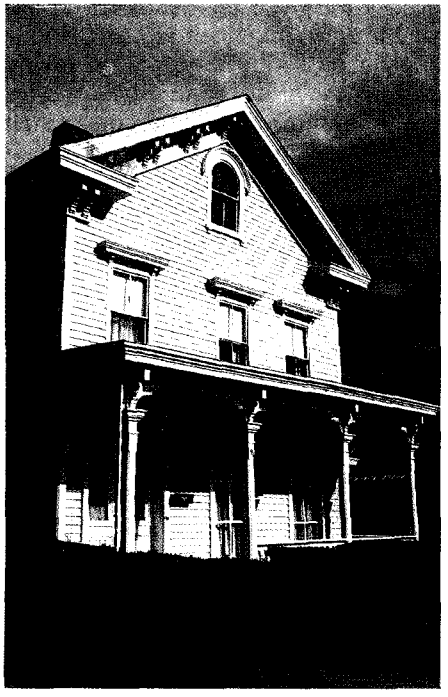
Although finished masterpieces receive the most media attention, home restoration is not at all confined to the purist. Home rescue also entails the reclamation of a modest row house, a four-room country home, or a comparatively new structure dating from, for instance, the late 1930s.

The *Old House Journal,* published in Brooklyn, New York, is the bible of the serious home-rehabber. The publication features numerous home styles. "We basically cover houses from about 1750 to 1940," *OHJ* editor and publisher Patricia Poore explains. "Our concentration is on the late Victorian and early 20th century. This is because that's where most of the availability is—there are not that many 1750s houses left now."

Poore (whose company also publishes a valuable catalog of restoration materials and services) affirms that interest has now widened to rescuing homes of many periods. In 1982, *OHJ* began a series of articles on post-Victorian houses. "These houses do have style and history," Poore adds, "and they have plaster and fine finishes—interesting historical materials."

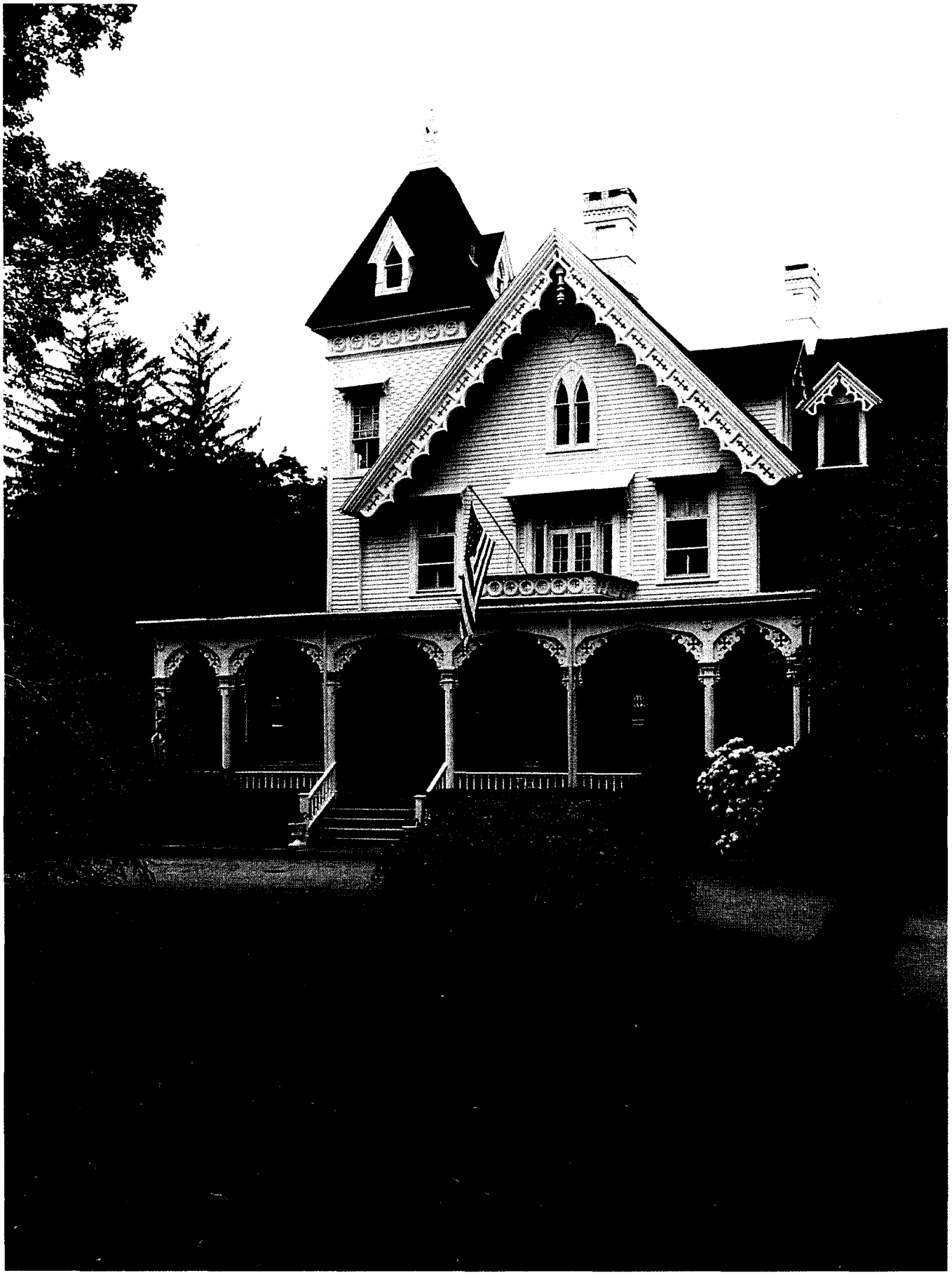
The largest concentration of properties with historic restoration value is found in the Northeast. The movement to rescue old living spaces, though, is certainly not restricted today to densely populated regions. National observers are finding that, as interest in the idiom widens, people are enlivening older houses from deserts to marshlands, and in rural areas as well as in small towns.

**The born restorationist has an eye for a neglected treasure that once restored epitomizes charm and elegance.**



**Properties with historic restoration value, like these Victorian homes, are concentrated in the Northeast.**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"Take my hometown of Kalamazoo, Michigan, for example," notes Mark Feirer, managing editor of *Fine Homebuilding,* which covers some restoration in addition to its new-construction emphasis. "Just about anywhere you go, if you have an eye that turns to those sort of things, you can spot a neat old house."

• • •

Whether the object of affection is a regal 3,000-square-foot Victorian in a historically rich neighborhood, or a simple "ranchburger" in some small town, the make-up of old-home owners most often comprises a love of history, a penchant for collecting, and an inability to resist the lure of discovery.

"There's a similarity between jumping into rehabbing an old house and getting into a treasure hunt," observes Bob Vila, an author and the host of the popular show "This Old House," aired nationally on PBS and produced by Boston's WGBH. "A lot of people are turned on to the idea of discovering or salvaging. It's just as romantic a notion as going after sunken treasure to be able to salvage, restore, and discover the beauties of a 100-year-old structure."

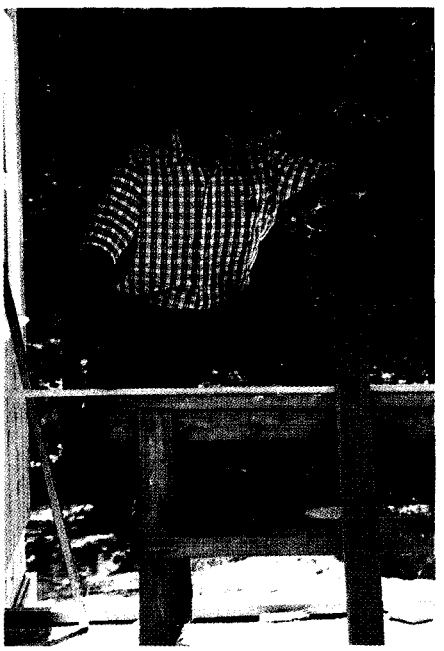
Most observers agree that the allure of an old house, with all its expectable neglect, is largely emotional. Even though considerable equity—and subsequent profits—can be realized from rehabbing, most families are drawn in by other than purely economic considerations these days. However, the prospect of "sweat equity"—building up equity in a place by working on it one's self—is often a must in the budgetary picture of a restoration project.

"The born restorationist," Feirer says, chuckling, "sort of looks at an old house and just melts inside. It's like somebody seeing a stray kitty; you want to take it in and make it all cozy and warm—whether it wants to be cozy and warm or not. And it'll fight you, just like a stray cat, until it finally gives in and you've got a nice kitty that'll sit on your lap."

Poore takes an equally subjective—and accurate—view. "There definitely is that factor," she says. "It's falling in love with the *idea* of bringing something back. It's also falling in love with some component—like the witches' cap on the turret of a Queen Anne—and having to have the whole house. Because in order to get the turret you have to buy the house. It may be the woodwork in the dining room or the fireplace tile."

On occasion, new owners of old properties discover truly historic worth. In 1982, April Chapman bought a 3,500-square-foot Queen Anne cottage near downtown Athens, Georgia. A rental property since the 1940s, the house had been routinely bashed by three generations of University of Georgia students. It was built in 1886 by Calvin W. Parr, a noted Athens artist and interior decorator.

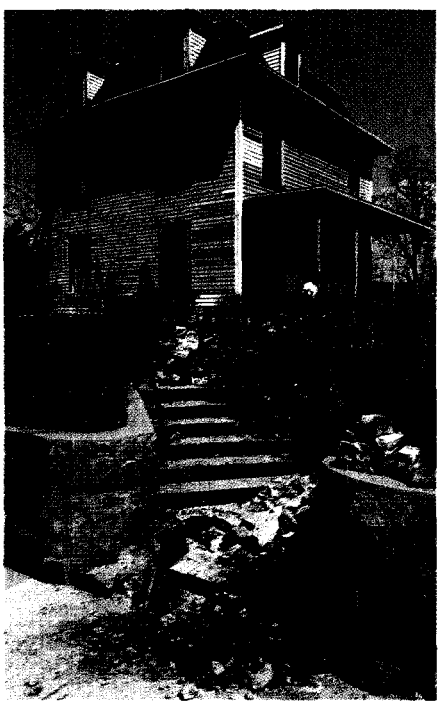
Chapman, an art teacher, learned



WGBH, Boston

**This old house (below) offered Bob Vila, host of PBS's "This Old House," his first challenge.**

**Hard work on the once-rundown Massachusetts house paid off, launching Vila's interesting career.**



WGBH, Boston

WGBH, Boston

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

that the house had once been a showpiece for Parr's talents. She discovered ornate fresco work hidden under five coats of enamel paint and wallpaper. Elaborately painted scenes were found in three ceiling areas.

"The frescoes," Chapman says, "were actually done in the wet plaster. Otherwise, there would've been no way to save them. The house was definitely done in Victorian high style. The scenes have classic Italian busts and griffins."

After two years of painstaking work, Chapman has recovered the front parlor and a long hallway. "Sometimes, I've felt like Michelangelo," she says with a laugh, "lying on my back up near the ceiling and working on it. I love to show the house, though."

No matter what attracts a family to the idea of saving an old home, the realities should not be overlooked.

In 1981, my wife, Mary Ellen, and I bought a 3,300-square-foot wreck that had started out in 1920 as a suburban Atlanta bungalow. It had been added on to at least three times, and every inch of it had suffered fire damage, neglect, or downright abuse. After a brief honeymoon-like period of picking our way among the debris and saying "This is *ours*," we settled into the reality of what we had taken on.

We didn't really mind that the house was architecturally schizophrenic and of no particular historic value. We liked its nine-foot ceilings and the twin sets of French doors that led to a screened porch. Once repaired and cleaned up, the original hardwood floors were attractive, and we both liked the large cast-iron claw-foot tub in the upstairs bath. I jokingly dubbed the place "Wormwood Arms," and the name stuck.

Neither of us had any experience working on houses. I had some automotive knowledge and Mary Ellen had studied art in college. We attacked the mess anyway, working at night and on weekends. We found reading specialty books very useful. Their information cut down on mistakes and hastened such projects as painting and wall-ceiling repair.

For a long time I've been an advocate of using quality tools, regardless of the project. Amid all the cordless power tools and specialty devices, though, it's amusing how handy certain everyday items can be. An old high-school auditorium chair proved to be one of our most called-for pieces. The "Chamblee chair," at a cost of zero, is still with us.

Some rehab projects become epics of almost Homerian proportions. Barbara Thornberg, a contributing editor for *Metropolitan Home,* and her husband began one such odyssey in 1973 by purchasing a large Victorian near downtown Los Angeles. Today, the 4,000-square-foot home and the carriage barn in the rear are

virtually finished, the couple having done most of the work themselves. "It was an incredible project," Thornberg says. "I only have one of these in me—in a lifetime. I love the house, we both do, but never again. We set the house on fire three times, and my husband fell off a 30-foot scaffold while painting—he was unhurt, though. There is, however, a great deal of satisfaction involved."

In 1984, *Old House Journal*'s Poore took on a slightly different challenge a continent away: an "uninhabitable" row house in the Park Slope section of Brooklyn. "We moved in anyway," she says, laughing.

In 1983, Joe Sherman, a writer-builder and a frequent contributor to *Fine Homebuilding,* bought an 1840s Vermont farmhouse that had to be moved in order to save it. He and his artist wife, Maggie, did most of the reclamation work themselves on a strict budget. "The first tenet of restoration is 'Let the house be itself,' but we quickly found that compromises are sometimes necessary," Sherman wrote in *Fine Homebuilding*. "We couldn't afford to do a textbook-perfect restoration. What we could do is revive it, keeping its character, while blending it with the needs of a modern family."

• • •

Any restoration or basic revival project is going to involve hard work, often by owners as well as subcontractors. There is always frustration to be contended with, and it can take various forms; any single rehab increment can—and most likely will—take longer than expected. Each stage of a project may also cost more than budgeted. Any old house can be full of surprises—so the would-be rescuer should be ready, both psychologically and information-wise.

Quite often an element of physical danger must also be contended with. Old structures can conceal a host of problems: slippery roofs, plaster ceilings ready to fall, or dark basements full of sharp objects. Extra care, planning, and safety equipment are musts in almost any rehab project.

Experts all preach the same sermon: get the most accurate idea possible of what the structure will need. And cost considerations should be coupled with aesthetic outlook. Any old house's integrity should be kept in mind, within reason and budget. Veteran rehabbers emphasize this point for basic revivals on modest budgets as well as for 100 percent restorative heavyweights.

Care is a key factor at every turn. In the assessment stage, professionals should be consulted to determine structural soundness, or lack thereof. "You should develop a sense of what needs to be done to the house," advises Beth Facinelli, the co-owner of Restorations Unlimited, a contracting-consulting firm in Elizabethville, Pennsylvania. "Then get estimates. We can pretty much ballpark out to people, go through, and in a two-hour consultation, give a thumbnail sketch of what they can expect to spend. Then see if the family finances can swing it without it being a burden."

Most often, the intrepid home-

*continued on page 87*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# GOOD-BY, GRANDMA

*It was a very sad occasion—for everyone but Grandma.*

**by Ray Bradbury**

*Illustrated by Peter Stevens*

She was a woman with a broom or a dustpan or a washrag or a mixing spoon in her hand. You saw her cutting piecrust in the morning, humming to it; or you saw her setting out the baked pies at noon or taking them in, cool, at dusk. She rang porcelain cups like a Swiss bellringer, to their place. She glided through the halls as steadily as a vacuum machine, seeking, finding, and setting to rights. She made mirrors of every window, to catch the sun.

She strolled but twice through any garden, trowel in hand, and the flowers rose their quivering fires upon the warm air in her wake. She slept quietly, and turned no more than three times in a night, as relaxed as a white glove to which, at dawn, a brisk hand will return. Waking, she touched people like pictures, to set their frames straight.

But now?

"Grandma," said everyone. "Great-grandma."

Now it was as if a huge sum in arithmetic were finally drawing to an end. She had stuffed turkeys, chickens, squabs, gentlemen, and boys. She had washed ceilings, walls, invalids, and children. She had laid linoleum, repaired bicycles, wound clocks, stoked furnaces, swabbed iodine on 10,000 grievous wounds. Her hands had flown all around, gentling this, holding that, throwing baseballs, swinging bright croquet mallets, seeding black earth, or fixing covers over dumplings, ragouts, and children wildly strewn by slumber. She had pulled down shades, pinched out candles, turned switches, and—grown old. Looking back on 30 billions of things started, carried, finished, and done, it all totaled out; the last decimal was placed, the final zero swung slowly into line. Now, chalk in hand, she stood back from Life a silent hour before reaching for the eraser.

"Let me see now," said great-grandma. "Let me see."

It was almost spring. And with no fuss or further ado, she traveled the house in an ever-circling inventory, reached the stairs at last, and making no special announcement, she took herself up three flights to her room, where, silently, she laid herself out like a fossil imprint under the snowing cool sheets of her bed and began to die.

Again the voices: "Grandma! Great-grandma!"

The rumor of what she was doing dropped down the stairwell, hit, and spread ripples through the rooms, out doors and windows, and along the street of elms to the edge of the green ravine.

"Here now, here!"

The family surrounded her bed.

"Just let me lie," she whispered.

Her ailment could not be seen in any microscope; it was a mild but ever-deepening tiredness, a dim weighting of her sparrow body; sleepy, sleepier, sleepiest.

As for her children and her children's children—it seemed impossible that with such a simple act, the most leisurely act in the world, she could cause such apprehension.

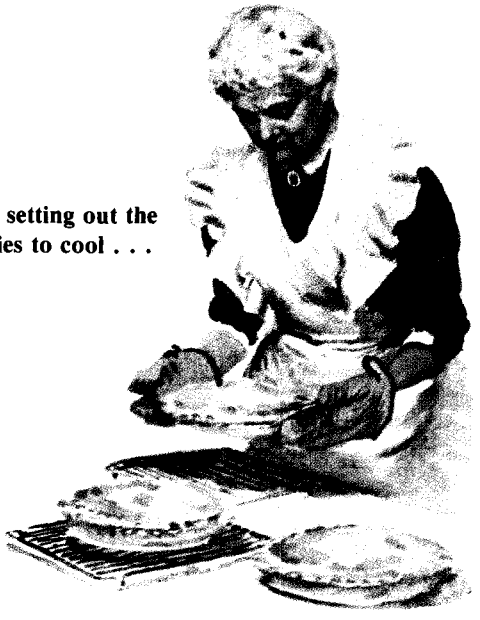
"Grandma, now listen—what you're doing is no better than breaking a lease. This house will fall down without you. You must give us at least a year's notice!"

Great-grandma opened one eye. Ninety years gazed calmly out at her physicians like a dust ghost from a high cupola window in a fast-emptying house. "Tom?"

The boy was sent, alone, to her

**She spent her lifetime fixing covers over children**

**. . . and setting out the baked pies to cool . . .**



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**In April you thought you heard woodpeckers tapping the housetop. But no, it was grandma replacing shingles.**

whispering bed.

"Tom," she said, faintly, far away, "in the Southern Seas, there's a day in each man's life when he knows it's time to shake hands with all his friends and say good-by and sail away, and he does, and it's natural, it's just his time. That's how it is, today. I'm so like you sometimes, sitting through Saturday matinees until nine at night when we send your dad to bring you home. Tom, when the time comes that the same cowboys are shooting the same Indians on the same mountaintop, then it's best to fold back the seat

*continued on page 78*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

*Nature took 25 million years to create a paradise on Wheeler Peak; Congress, a snappy 66 to save it. Or did they?*

## The Making of

# GREAT BASIN NATIONAL PARK

## BY C. J. HADLEY

The Great Basin is an enormous dish that covers 200,000 square miles and parts of a half-dozen states in the high desert. Its prodigious belly has been sliced, pushed, and cracked north to south to create scores, even hundreds, of mountain ranges, large and small. It occasionally offers up seashells, mammoth tusks, and a few fossilized bones of the giant ichthyosaur. Bordered by Oregon and Idaho's Columbia Plateau, California's Sierra Nevada and the Mojave Desert, the Colorado River Valley and Utah's Wasatch Range, the Great Basin also touches Wyoming and takes up virtually all of Nevada.

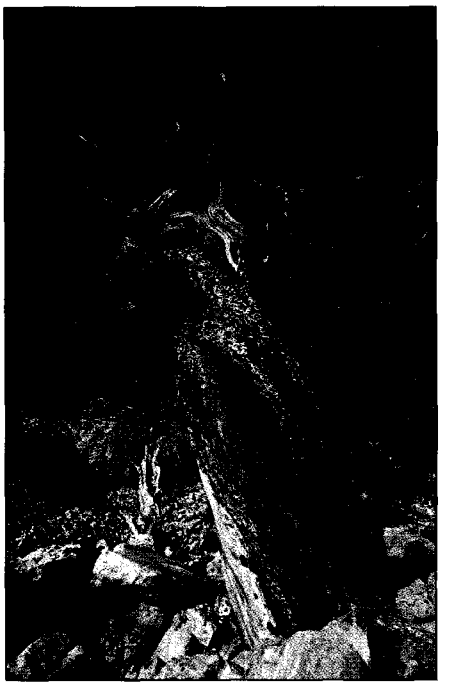
No water or river escapes from this basin and range, except by evaporation. And no one leaves its territory untouched, because the ancient country is brutal yet hauntingly beautiful.

High above the sagebrush of the valley floors, dozens of the Great Basin's mountain ranges soar higher than 10,000 feet, splashed with dark green carpets of fir, diamond-blue lakes, and jagged white slashes of ice. White Pine County's Wheeler Peak, between Ely and the Utah state line, looms above the Nevada desert at 13,063. In just a few square miles, this single mountain includes five distinct life zones normally found in the 3,000 miles between central Nevada and the Arctic Circle.

Almost all within the sound of a human voice, Wheeler Peak has sagebrush valley, cactus, wild rose, scorpion, prairie dog, jack rabbit, hawk, and rattlesnake. It has white fir, ponderosa pine, and the world's largest sweet-smelling mountain mahogany. It feeds Indian paintbrush, Douglas fir, pentstemon, mule deer, bobcat, bat, and mountain lion. Its aspen groves in fall splash about color that would impress a Vermonter. There are limber pine, eagle, Rocky Mountain bighorn, Alpine lake, and tundra. And above them all, the world's oldest living thing—the ancient and mighty, up-to-5,000-year-old tormented pine called bristlecone.

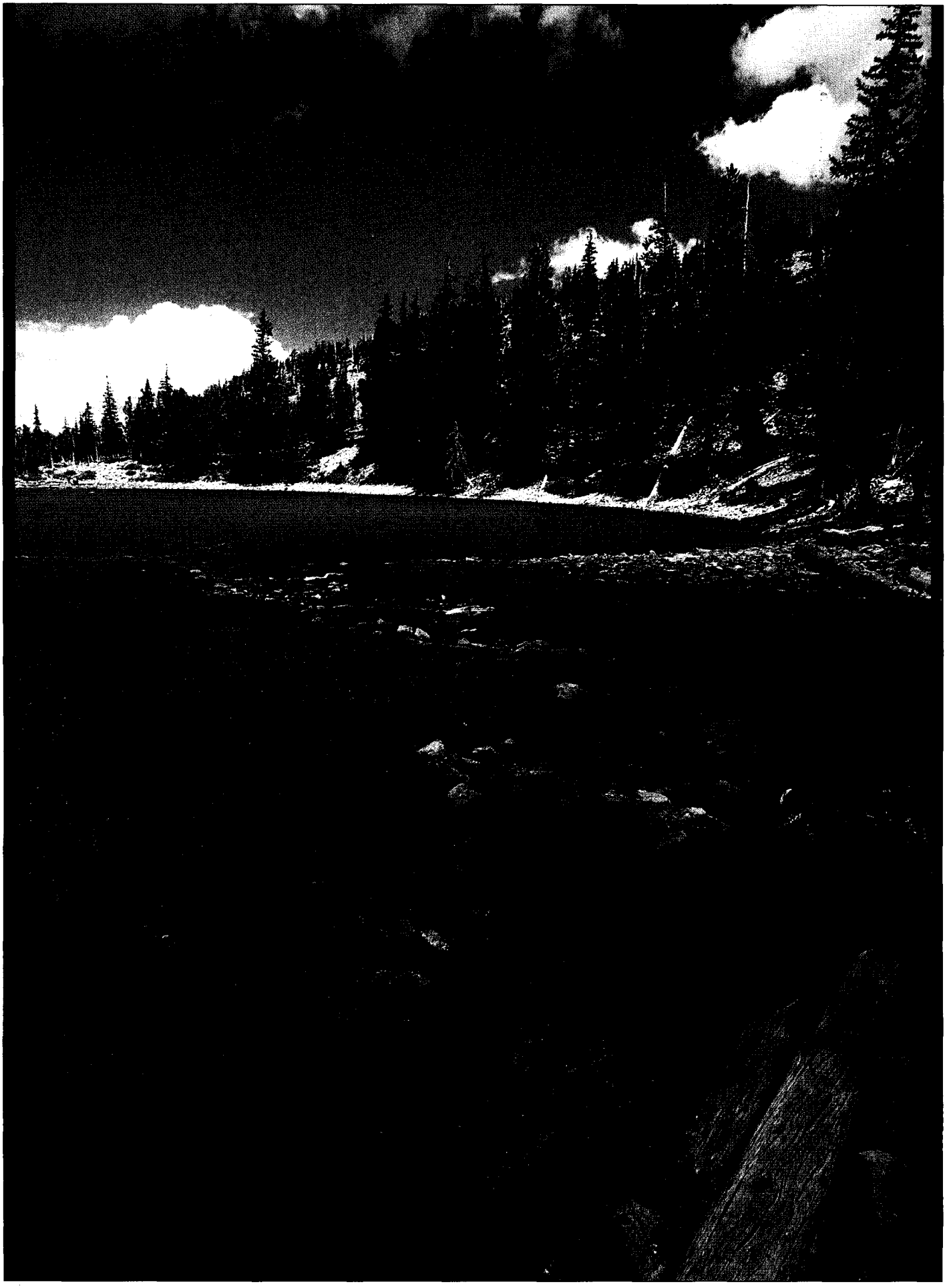
But even that's not all.

Hundreds of feet beneath the peak's eastern flanks are extraordinary natural sculptures named after Absalom S. Lehman. The



**Much of North America's physiography can be sampled in a day at Great Basin Park. Starting out with the Lehman Caves, far below ground (left), visitors can reach alpine lakes and then the bristlecone pines at 10,000 feet by afternoon.**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

rancher was chasing cattle in the spring of 1885 when he discovered a hole in the rock, but he was far from first to explore underground. Prehistoric settlements may have existed in Nevada 33,000 years before; bones found in the caves date back nearly a millennium.

Lehman Caves took an estimated 600 million years to become what they are today, each extraordinary hollow containing variations of stalactites, stalagmites, bacon strips, cave coral, shields, flowstone, and gravity-abusers called helictites. The damp and eerie chambers have names like Crystal Palace, Gothic Palace, and Cypress Swamp. With the flicker of a carbide lantern, their shapes and colors change (that is, those shapes left unharmed by souvenir hunters and graffiti dating from soon after Lehman's discovery. The caves were even used for square dances and picnics in the 1920s).

• • •

This tiny slice of the Great Basin is so very fragile that for more than six decades a few conservationists have been working hard to protect it. And for six decades, ever since legislation was first introduced for an 8,000-acre national park, their efforts have met with typical frontier resistance. Nevada's hard-headed miners and ranchers wanted to keep anything connected with the government a long way away from their back door. The new park hasn't changed the naysayers' attitude one bit. "Park people don't want one rock removed, and that mountain [Wheeler Peak] is not any different than any mountain between Denver and the Pacific Coast," a prominent local grumbled recently.

Many out-of-staters might agree. Neither Nevada's landscape nor its lifestyle has enjoyed a history of favorable comment around the country. Nevada was allowed statehood in 1864 only because her Senate votes were needed for the Civil War. Nevadans have traditionally condoned prostitution, gambling, and easy divorce. And partly because of dissent from Nevada's own voters, the politicians in Washington saw little point to a national park anyway. They did consent to creating the Lehman Caves National Monument in 1923.

In 1933, William Penn Mott, Jr., now director of the National Park Service, researched and prepared a paper for the NPS. Mott's documentation made a strong case for Wheeler Peak's and Lehman Caves' attributes as a full-fledged national park. His idea was chuckled at and shelved.

But it was not forgotten. In the mid-'50s, local conservationists renewed the campaign following the discovery of what some claimed was the nation's southernmost glacier, situated in a cirque beneath the almost-vertical walls of Wheeler Peak. The discovery of the ice field—long known to locals as an unremarkable hunk of ice—was followed by the rediscovery of a 60-foot-tall limestone arch, 11 miles due south of the caverns.

**"Extraordinary in the world as a vastness of land [with] no drainage to the sea." That's how one writer described the Great Basin, a bowl between the Rockies and the Sierra Nevada, filled with minor mountain ranges and sub-basins between them. The area includes either five or six states, depending on whether the southwest corner of Wyoming is included.**

By the late '50s, Nevada's congressional delegation was touting the Wheeler Peak area as worthy of national-park status. After a flurry of bill introductions into the early '60s, Wheeler Peak was reclassified as a National Scenic Area—recognition of the area's attractiveness, but not the full protection of its treasures that national-park status would bring.

To many Westerners, scenic-area status was not enough. Robert Starr Waite, a student from the University of California in Los Angeles, took up the cause. Eight years later, he had completed a 1,000-page dissertation on why the Wheeler Peak area should be fully protected. Waite, the son of an Ely schoolmarm married to a hard-rock miner, began a one-man campaign to protect the South Snake Range around Wheeler Peak. Using his own money as he held university positions at UCLA, Weber State, and Utah, he sent copies of his doctoral thesis to anyone he thought would help him. He lobbied the president, influential congressmen, and governors; he wrote letters to newspapers and magazines, to chambers of commerce and independent businesspeople; he gave lectures on the Great Basin story, including its geology, botany, history, and anthropology; he collected several thousand photographs and talked about them to any group willing to listen; he took students on field trips. And as the Ralph Nader of Great Basin National Park, he never forgot anyone's phone number.

Waite was such a pest that one park opponent proposed tarring and feathering him. In the '80s, miners and ranchers formed an anti-Waite and antipark coalition called "Free Enterprise Associates." "They flew to Washington to fight against me," Waite said. "They even hired a man to campaign from town to town, kind of the Billy Graham type, who was antipark. One rancher wrote a book about me and called it *Hey, Waite a Minute.*"

• • •

Matters were no longer entirely in the hands of a few crusty miners and ranchers scattered among the sagebrush, however. Down at the southern tip of the state, less than a day's drive from Wheeler, Las Vegas had been experiencing a phenomenal period of growth. Its metro area had burst beyond its casino-and-nightclub reputation to become a Sunbelt metropolis of nearly 600,000, more than 60 percent of Nevada's population. And the huddled suburban masses of Las Vegas had discovered the bucolic attractions of the nearby—by western standards—Wheeler Peak Scenic Area.

In 1983, the congressman from Las Vegas, Harry Reid, began a serious drive to obtain national recognition for this "backyard" of Las Vegas. By 1985, members of the House Subcommittee on National Parks and Public

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Lands had come to the state with the Nevada congressional delegation and met on the very slopes of Wheeler Peak. That November congressmen held open hearings in Ely to discuss the feasibility of a national park. The committee members were impressed enough with the area, the local support, and testimony from Waite and others to propose a 175,000-acre "Great Basin National Park."

Diehard frontiersmen now gathered for a last stand: a handful of ranchers who feared they would lose grazing privileges; a half-dozen mining companies appalled by a possible cutoff of their exploratory rights; and assorted recreationists, hunters, and fishermen. Under the pressure of their outcry, several Nevada politicians made up their minds to be firmly uncommitted. Reid's bill died in the Senate, and alternative versions began to lose their way in the Washington legislative labyrinth.

Though the outcry was noisy, the sounds came from very few. A Nevada Division of State Parks survey showed 84 percent of all Nevadans in favor of the park. (Ninety percent of those surveyed in greater Las Vegas wanted the park; only half of the cowboys and miners in the barely populated eastern parts of the state closest to Wheeler Peak were in favor.)

"The park numbers are slanted," said George Swallow, who has lived in Ely since his family sold the Swallow Ranch near Wheeler Peak in 1948. "Our survey showed that 90 percent were opposed to the park." Swallow's survey included only McGill and Ruth, desolate mining towns that had boomed and then gone bust because of the price of copper. "Most people around here were opposed to it because it would eventually do away with the ranching business," he explained. "It would do away with hunting. It would stop any timber activity. It would exclude free access to that entire mountain to explore and locate mining claims."

Free Enterprise Associates collected more than 2,000 signatures of persons opposed to the park and sent them to the chairman of the subcommittee in Washington, D.C. "The committee wouldn't even pay any attention to them," Swallow said. "It cost us $4,000 to have 100 copies made, but they wouldn't distribute them. After the hearing they shipped them back to us collect!"

After years of bickering, and after the raised voices were finally counted, Nevada congressional reluctance faded away. A compromise became essential. A deal was made and a vote taken on October 9, 1986. The House and the Senate approved a 77,000-acre park. A presidential signature on October 27 made Great Basin the first national park in 15 years; it was the country's 49th, Nevada's first—and due to lack of space and cash, it may be the last. "If it hadn't got to the floor that day," Waite said later, "that bill would have gone in the trash can."

**Bristlecone care and feeding has improved since the '60s, when an overeager naturalist cut down a 5,000-year-old specimen to count its rings.**

• • •

The final Great Basin bill included some peculiar terms, such as mining and cattle grazing within the park's borders, in perpetuity. Unique stuff for a national park. Yet the ranchers still weren't happy, even with their cows roaming the South Snake Range. "People pressure can change the law," said Emerson Gonder, whose family has ranched in Snake Valley for five generations. "Regardless of the way it's written, there's always some way it's possible to change it."

The miners weren't happy, either, even though they could continue working any claims staked before the legislation. "It's not a good deal for us," Swallow said. "I believe we'll be moved out of the park entirely within 8 to 20 years, and it'll be just like all the other parks."

But in Ely, 67 miles west of the park, the naysayers were coming around. When the local Kennecott mine had closed a decade before, a victim of international price wars, their town had become easily the most depressed in the state. Twenty-five percent of the town's population got up and left by the early '80s—and unemployment was still 23 percent. For-sale signs dotted the landscape, and many of the small trailers and clapboard houses had become dilapidated. But by 1986, things were looking up.

Within a year after Wheeler Peak's change in status, tourism (1987 over 1986) had increased at the park by 57 percent overall and by 119 percent on Labor Day weekend; official room-tax figures showed that Ely's motel traffic had increased by 22 percent; and the traffic on Highway 50, the nearest major highway to the park and *Life* magazine's "Loneliest Road in America," was up by 35 percent. "The increase represents 25,000 additional tourists," said Ferrel Hansen, the executive vice president of the White Pine Chamber of Commerce. "There's no doubt the park is good for Ely."

Not according to the mining interests. "A lot of that was a result of oil exploration and mining activity around here," Swallow said. "Last year was Ely's centennial, and they had Railroad Days and that sort of thing. We don't think traffic increased because of the park."

The residents of Baker, the tiny town that sits five miles east of park headquarters, have learned to live with the change. "Most of the folks around here were opposed to it," said Reita Berger, who owns Baker's Outlaw Bar with her husband, Chuck. "We were afraid some camper would set fire to the mountain we've been taking care of for years. We were afraid that the fragile environment would be damaged by all the people.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

We came out here to get away from it all. Now we're closest to it."

Berger chuckles when she counts the bureaucrats and developers wandering in and out of Ely and Baker these days, talking about solving Baker's problems. "Right now the hassle is over water and sewer," she says. "With a town of 22 houses and 80 people we really can't afford a water or a sewer system, but that's what they're talking about!"

**From the slopes of Wheeler Peak, one espies the essential Great Basin.**

Emerson Gonder remembers a time when he and his family got to town only twice a year, either 138 miles by oil road to Cedar City or 250 miles to Salt Lake. He has forgotten why there's been a feud between Garrison, Utah, and neighboring Baker, Nevada, for more than a hundred years. But he knows that when workers were hired on the family ranch it was tough to keep people out there.

"It's hard at first," he says. "Some of the tourists say, 'My God, what is there to see; how do you people live?' We like it because it's isolated and quiet, but it scares them. We see little things that grow on the desert, the little flowers, little animals, insects, and little reptiles that people don't notice."

Taxpayers and tourists may not agree about insects and reptiles, but they can appreciate that they weren't stuck with a giant bill: the park land already belonged to the Federal government. Out-of-staters, surprised by the "other" Nevada, agree with William Penn Mott, Jr., who called Great Basin at its formal dedication in 1987 "a jewel in the crown of the national parks."

For Dr. Robert Starr Waite, a quarter century of crusading was vindicated by the park's creation. "People respect a national park," he said. "I wanted to save a part of the Great Basin and do something great for America." In February 1988, Utah legislators proclaimed him the "Father of Great Basin National Park."

And Nevadans don't worry about the teacher from Utah, because they finally have something to brag about that doesn't involve cherries, bordellos, or greenbacks. After six decades the time was right, and most citizens were happy keeping their pride and frontier spirit alive with a park whose rules—as usual—didn't apply to the rest of the world.

## *On the Edge of the Great Basin*

In the mid-19th century, when Mormon settlers were pouring into the Great Basin (some of them wanted to make it part of an independent country called Deseret), Mt. Timpanogos, Utah, was their easternmost signal post in case of invasion by Union troops. On Timpanogos' summit, the plan went, a mighty bonfire would be lit, and lookouts on selected peaks stretching westward across the Great Basin/Deseret would in turn light up the sky to forewarn their brethren—or so the legend goes.

Today the Heber Valley below Timpanogos is witness to no such alarums and excursions. The mountain looms in primeval splendor, its tip as yet untouched by fire. Down in the valley, Mormons and non-Mormons have agreed on the wisdom of monogamy, and the only signal fires are advertisements and press clippings beckoning visitors to the valley and its environs, Park County.

The Heber Valley is a green and pleasant antidote to the dust and heat of Salt Lake (as locals refer to Salt Lake City), which lies several thousand feet below and an hour to the west in the Great Basin. A mountain wall separates the valley from bustling I-80; an absence of traffic and the prevailing architecture give the area the feeling of a Swiss hamlet, nestled among the Alps.

And indeed many of this peaceful valley's settlers were Swiss, albeit Mormons, sturdy agriculturalists who set the placid tone that survives even today. The other part of the county, to the northwest and over the mountains, has always been a different, bustling story: silver mines in the late 19th century; the skiing meccas of Deer Valley Resort, Park City Ski Area, and Park-West Ski Area today.

It was a Swiss farmer, Simon Schneitter, who first made touristic use of the "hot pots," hot springs bubbling out of limestone mounds that dot the Heber Valley floor. Simon and his wife, Fanny, began feeding the many visitors who enjoyed swimming in the warm brown spring water; then he began putting them up overnight. Eventually Simon quit the farming business altogether to concentrate on his ever-expanding lodge. Today, under new ownership, the Homestead welcomes both summer and winter visitors to its refurbished Victorian rooms of Williamsburg blue and its lovely bay-windowed dining room, complete with babbling brook outside the bay window. Summer fun consists of hiking, golfing, horseback riding, and just lolling around; plans are afoot to make cross-country skiing a wintertime staple.

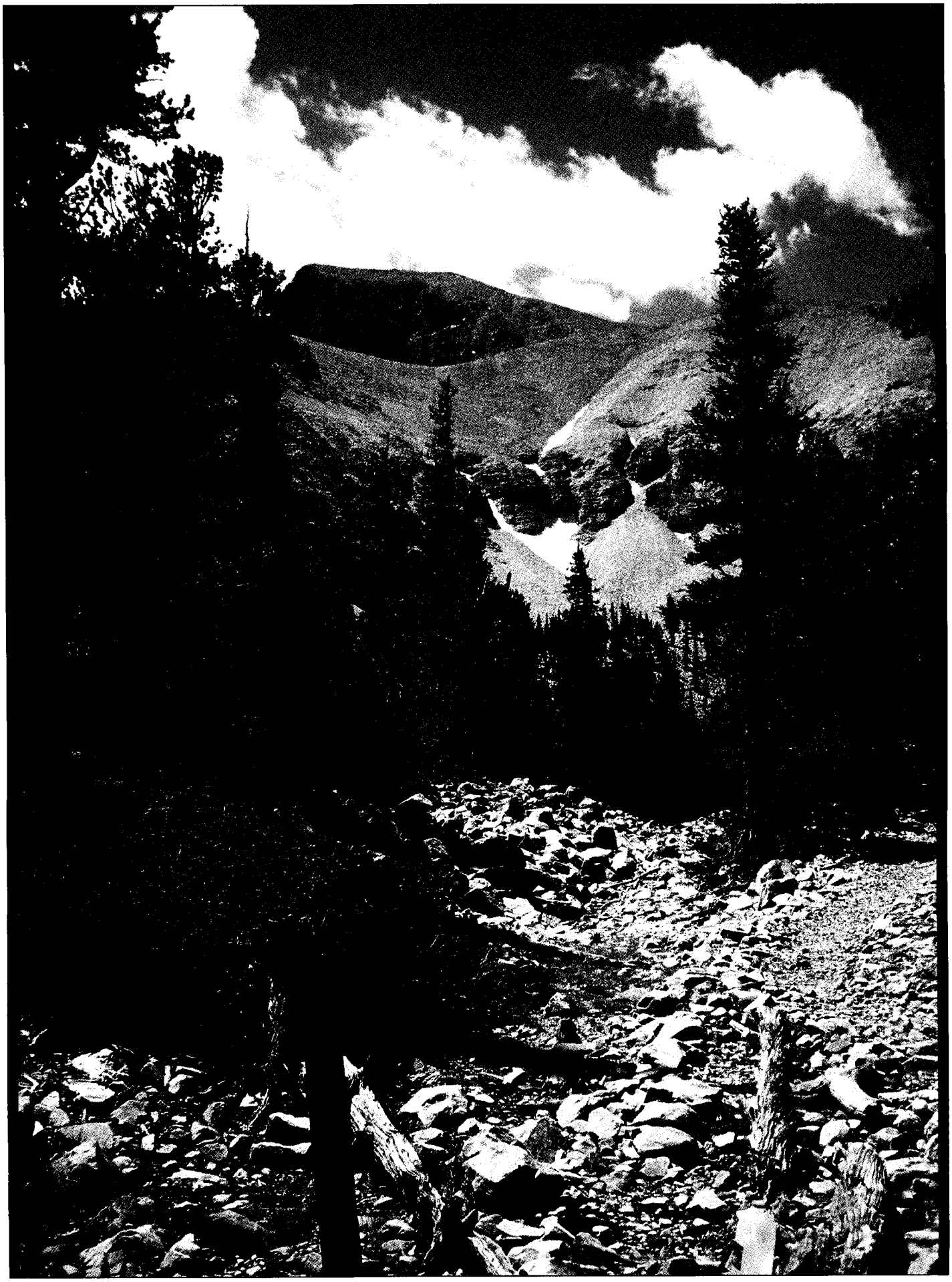
On the other side of the mountains lies the world-class skiing destination of Park City. Wintertime activities abound in greater volume than can be detailed here, but life does not come to a halt during Park County's dry, cool summers.

Besides the usual array of sporting activities, the city fathers have made strenuous efforts to provide festivals, concerts, and other events almost weekly all summer: a '50s festival, a cycling festival, music by the likes of the Beach Boys and the Utah Symphony. And of course, the summer rates are much less onerous than in late December, when people from all over the world descend on Park City to descend its mountainsides.

Back in Heber Valley, things are still a little slower. Autos cruise by the Homestead's entrance every minute or two, and visitors can take a half-hour after-dinner walk to downtown Midway and encounter more cattle than fellow tourists. The dinner, by the way, is hearty, wholesome, and good. Just the way Fanny Schneitter would do it.

*—R.E.*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

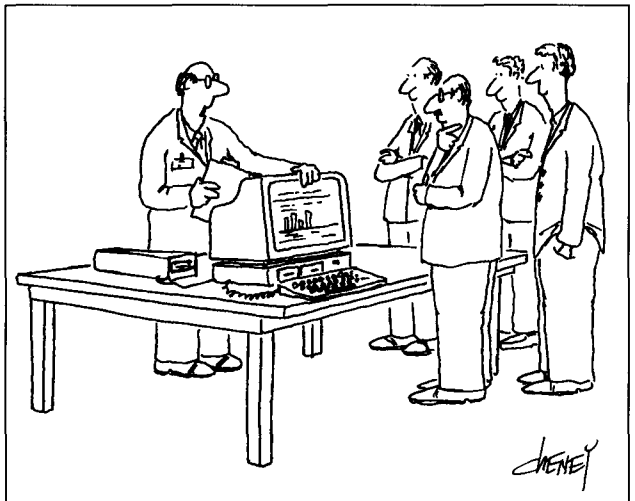
## *Fumigation Chamber*

*continued from page 47*

and told him to discontinue the spraying program. My hunch seemed horribly right, but I was trembling. The insecticides that his technicians—he called them technicians—had used were Ficam and Dursban. Dursban is an organophosphate. Ficam is a methyl carbamate. You may remember reading about the so-called nerve gases that were developed in Germany just before the Second World War. Their active ingredients included one or more of the organophosphates. And that's what I had been cleaning up at the cottage on those summer weekends—the residues of an organophosphate spray. That was my hemlock pollen.

"There are dozens of organophosphate insecticides on the market. They are wonderfully effective insecticides. They are very quickly and completely absorbed by all routes—through the skin, through the lungs, and by mouth. The organophosphates—and the carbamates too—are what are called cholinesterase inhibitors. Cholinesterase is an enzyme found in the nervous tissue and in the blood—in the plasma and the red cells. It acts as a neural moderator. It controls the accumulation of an ester that governs the transmission of nerve impulses. It transmits the signal to raise my arm, say, or move my fingers. When that action is done, normally the impulse is erased. Carbamates and organophosphates block that normal procedure. They defuse cholinesterase. The result is a continued stimulation of the nervous system. That produces, directly or indirectly, the wide range of symptoms and signs in organophosphate intoxication.

"I knew, or thought I knew, the nature of my illness. But, of course, I wasn't going to treat myself. I wanted expert advice. I inquired around and got the name of an expert—a Ph.D. —in pesticide operations in the Pennsylvania Department of Agriculture, in Harrisburg. He was most sympathetic and helpful. He listened to my story. He agreed with my diagnosis. He pointed out a standard treatment. That was oral atropine sulfate, six-tenths of a milligram, every four hours around the clock. Atropine, or belladonna, can control many aspects of organophosphate poisoning, although not the muscle involvement. There *is* a drug that reverses the muscular weakness, but it can be used only in acute cases. My trouble, unfortunately, was chronic. The unhappy fact is that there is not much information about chronic exposure to subacute doses of organophosphates. As for the weakness and soreness in my thighs, the only therapy for that was hope and time. That and the avoidance of any further exposure. I remember he spoke of the accumulation of the insecticides in the ambient air of the closed cottage. He said that every time I walked in there on those summer Friday afternoons it was like walking into a fumigation chamber.



*"But its most outstanding feature is that it can create the illusion that work is being done."*

"Well, there was no chance of that happening again. The cottage was closed for the winter, and on the pesticides specialist's advice, we were going to arrange for a professional team to give the cottage a thorough scrubdown before we moved in on Memorial Day. Meanwhile, I was feeling very much better. The atropine was wonderfully effective. The only problem was still my legs, my weakness. But even that was manageable. Maybe I overdid it on our November trip to the Loire Valley. Because I began to get some twinges, some pain in my left knee. Still, I felt good enough to go out to Aspen in January. Now we're in 1985. I went to Colorado alone, as usual. Lewis went to Grand Cayman, to scuba dive. I'm a good downhill skier. But I wasn't this time. My legs were weak, and there was that pain in my knee. I consulted an orthopedist there, a man who knows about all there is to know about ski medicine. He did an X-ray, looked at my history, saw the negative. He found some contracture in my left hamstrings. There was no ligamentous instability. He advised me to warm up before skiing and suggested that an arthroscopy—a kind of diagnostic surgery—might be desirable. When I got back home, I looked up a recommended orthopedist. I won't go into the hell that man put me through. He took one note about my mastectomy and satisfied himself that I was suffering a recurrence of cancer. He put me through two agonizing procedures—an electromyography and an arthrography. Chinese tortures aimed at my knee. To no purpose. And, what was almost worse, he was always forgetting that I, too, was a physician. 'Oh, yes—that's right,' he'd say. 'So sorry.' In other words, he treated me like a woman. I mean, like brainless. I consulted a neurologist, a woman. There were more tests. They showed 50 percent decrease in the strength of my left quadriceps, spontaneous muscle twitchings, and some reduced sensory response in my lower left leg and foot. Her diagnosis was peripheral neuropathy, most probably caused by organophosphate intoxication. She prescribed oral vitamin B complex and vitamin $B_{12}$ by injection, and some muscle-strengthening exercises. I had the feeling I was beginning to emerge.

"I called one of the doctors I had consulted earlier. I thought he would be interested. He was. He said, 'Hey, my wife has a greenhouse and she uses malathion. Is that a risk?' Well, I was certainly having what they call a learning experience. About the contemporary practice of medicine."

Dr. Page made a face. "But," she said, "good medicine or bad, tests—and I had them all—or not, I seemed to be getting a bit better. Some days were better than others, but I had only one sort of reversal. I woke one morning in March with real pain in my knee and some real weakness in my legs. The reason, when I thought about it, seemed clear enough. We

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# THE POST READER SERVICE CENTER

**Free Florida Beach Resort Guide** from Abbott Realty Services, Inc. See Florida at its best—sugar-white sands and sparkling surf on Florida's unspoiled Emerald Coast. Circle .....31

**Columbia Visitors Bureau, Columbia, SC:** historically rich. One of America's first planned cities. See Riverbanks Zoo, one of the country's ten best. Lakes, parks, and golf courses. Circle .....32

**Gatlinburg: High Alpine** condominium nightly rentals offer luxury suites for less than a motel room. All with fireplace, kitchen; some with whirlpool tubs: $89 to $119/night. Circle ...33

**Georgia's Colonial Coast**—Golden Isles of Georgia. Jekyll Island, Saint Simon's Island, Sea Island. Three islands and a port city. Beaches, history, golf, and shopping. Color brochures and maps free; circle .....34

**Myrtle Beach, SC**—Barefoot Vacations. One-, two-, or three-bedroom oceanfront condominiums. Select from more than 100 properties. More than 40 championship golf courses, tennis, fishing, and sailing. Free brochure. Circle .....35

**Myrtle Beach, SC**—The Noble Co. offers brochure detailing condo vacations along the beaches of the great strand. One-, two-, three-, or four-bedroom condos. Circle .....36

**Florida's Silver Springs.** Open all year. Glass-bottom boats glide over artesian spring. Visit the Antique Car Museum and Deer Park. Take a jungle cruise and explore Cypress Point and the Reptile Institute. Circle .....37

**Saint Simon's Destinations** represents the island's finest oceanfront condominium resort. Luxurious one-, two-, or three-bedroom condominiums. Circle .....38

**Daytona Beach,** just for the fun of it! Glistening beaches, great entertainment. Close to Walt Disney World, Epcot Center, and more. For more information, circle .....39

**Savannah, GA**—the nation's largest national urban-landmark historic district and **Georgia's** mother city. Vacation-planning brochures offer beach, city, and inn accommodations, and restaurants, sightseeing, and recreation maps. Circle .....40

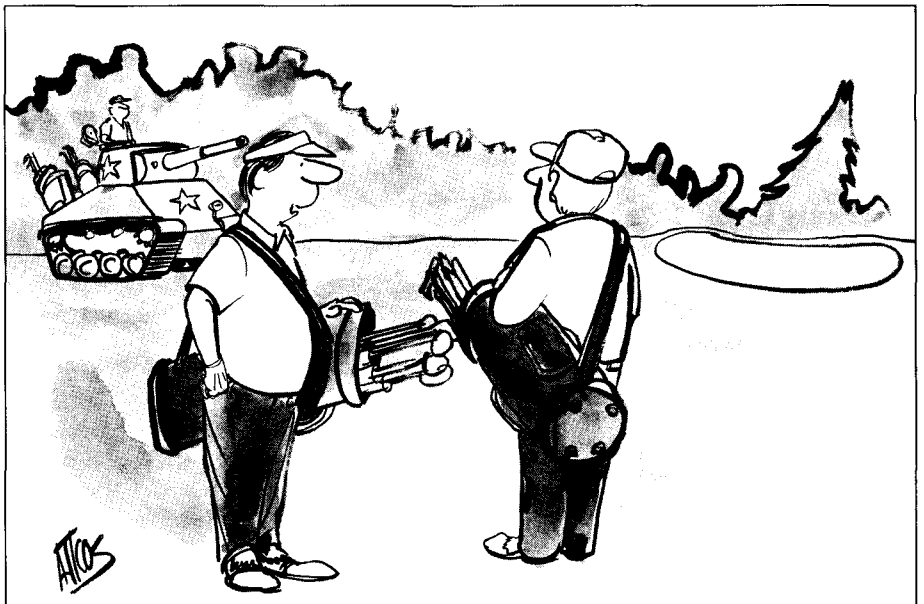
**Daytona Beach Resort/Ivanhoe Beach Lodge:** right on the beach; an ocean view from every room. Efficiencies and apartments, oceanfront pool, and more. Free information packet; circle .....41

**JC Travel Service**—Experience the Orient. Featuring: tours to the **Summer Olympics** in Seoul, Korea (Sept. 16-Oct. 3) and **shopping tours to Hong Kong.** Monthly departures. Don't miss the trip of a lifetime! Circle .....42

**Old Town Holiday Inn**—227 guest rooms in the heart of historic Old Town Alexandria, minutes from Washington, D.C. Indoor pool, restaurant, two lounges, garden courtyard. Complimentary transportation to airport. Circle .....43

Discover the **Gateway to Great Smoky Mountains National Park, Gatlinburg, TN.** A year-round resort featuring the South's largest crafts community, shopping, festivals, attractions, and excellent accommodations. .....44

**South Carolina's Old Ninety-six** offers five history-rich counties in the upcountry. See the Revolutionary War vintage Star Fort, restored homes, inns, theaters, and battle sites. Join us April to August 1988, while nine festivals are in gear. Fish, swim, or play golf year-round. Circle .....45



*"Let him play through."*

**Planters Inns—Charleston, SC, and Savannah, GA.** In the center of the historic district in both these lovely seaport cities. Horse-drawn carriages, antique shops, museums, historic homes, forts, and award-winning restaurants. Circle **46**

**Quality Inn Buccaneer** offers quality accommodations at a quality price. Jekyll's beautiful oceanfront resort offers fine dining, spacious rooms, and special daily and weekly golf rates. Circle .....47

**Villas by the sea,** 17 acres of windswept oaks and natural landscaping; one-, two-, or three-bedroom villas featuring living-dining area, kitchen, and private deck or patio. Circle ...48

**Bucks County** invites you to greet your friends at our attractions for groups, families, and individuals. Come see U.S. Circle .....49

**Hotel Inter-Continental Hilton Head**—continental elegance and Southern charm are blended in Hilton Head's most luxurious oceanfront hotel. Golf, tennis, and abundantly sophisticated amenities. Circle .....50

**Seabrook Island, Charleston, SC**—Relax on private beaches or in your spacious villa; play golf on two championship courses. Plus tennis, horseback riding, boating, recreation pavilion, and restaurants and shopping. Circle.....51

**Gulf Shores, AL**—Come enjoy the beautiful gulf. Let us reserve your golf game at the Arnold Palmer-designed Cotton Creek course. 200 luxury gulf-front rental units. Daily and weekly rentals available. Circle.....52

**Hilton Head Island, SC**—Miles of beach, championship golf courses, tennis, and bike trails. **Coastal Home & Villa Rentals** has quality accommodations at affordable prices. Large selection: many include free tennis, pools, and ocean views. Circle.....53

**The Ramada Ocean Forest Resort** at **Myrtle Beach**—200 oceanfront suites with equipped kitchens, indoor-outdoor pools, health club, Jacuzzi baths, steam and sauna, oceanfront restaurant and lounge. Circle .....54

**Gulf Shores, AL**—Beach rentals and condos directly on the white-sand beaches of the Gulf of Mexico. Amid golf courses, gift shops, restaurants, amusement parks, and deep-sea fishing. Circle .....55

**Charleston, SC**—a year-round resort. Horse-drawn carriages, museums, forts, antique shops, historic homes, plantations, luxury beach resorts, hotels or charming inns, and outstanding restaurants. Circle.....56

**Marietta, GA**—Historic districts filled with antebellum homes and a Victorian square surrounded by quaint shops and restaurants. Walking tours available; special events throughout the year. Circle .....57

**North Carolina's Brunswick County**—47 miles of naturally preserved beaches, 15 championship golf courses, a wealth of history, and the finest fishing on the East Coast. Circle .....58

**Indigo Inn—Charleston, SC.** Experience 18th-century decor, first-class amenities, and a gracious staff providing true Southern hospitality at our historic-district inn. Tariffs include: hunt breakfast, parking, and newspapers. Circle .....59

**Ansonborough Inn—Charleston, SC.** In historic district, our all-suite inn is a converted warehouse featuring exposed beams and original brickwork. Breakfast, parking, and wine included in rates. Circle .....60

**Sea Pines Plantation, Hilton Head Island, SC**—Internationally famous golf, tennis, Harbour Town, bike paths, beach, fresh and saltwater fishing, boating, shopping, and restaurants within 5,000 semitropical acres. Rental villas. Circle .....61

**Grandfather Mountain**—Highest mountain in the Blue Ridge Range. Beautiful scenery and views, mile-high swinging bridge, gift shop, hiking trails. Photograph wildlife in natural settings. Open daily. "Carolina's top scenic attraction." Circle .....62

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**Onslow County, NC**—A look at Jacksonville, NC, and the many facets of Onslow County. Discover miles of uncrowded beaches, fishing, festivals, antiques, historic sites, and riverfront parks. Circle .....63

**TravLtips Association** offers cruise adventures on yachts, freighters, expeditions, passenger liners at low rates. Many other benefits include bimonthly magazine to members only. Fee credited in full towards first trip. Circle ....64

**Natchez Pilgrimage Tours**—Join us any time of the year for individual or motorcoach tours of Natchez's elegant homes. Bed-and-breakfast accommodations are available. Annual pilgrimages in March or October. Circle .....65

**The Denver Zoo** has everything from apes to zebras. Over 1,500 exotic animals. Over 300 colorful birds. Underwater viewing of polar bears and sea lions. Open 10 a.m. daily. Details; circle .....66

**Travel Directory ads work.** Ask us how many hundreds of inquiries have already been received by advertisers. If you're an agency or account with a travel or tourism destination to promote, you can't afford not to consider *The Saturday Evening Post* for either regional or national exposure to readers in the know and on the go. Circle .....1

**Oklahoma will pow-wow you** with a native American heritage and a vacation to please your whole tribe. Discover Oklahoma! For your free vacation planner, circle .....2

Come September, visitors to **Iowa**'s Amana colonies will see the world ag expo-antique machinery, horse and oxen demonstrations, world plowing match, newest technology. Circle ....3

**The Prudential's** financial primer—valuable information for people over 50. Discover how the Prudential can help you make the most of your prime years. Free brochure, circle .....4

You can strike it rich with **Germany's government-guaranteed state lottery.** It lasts six months and has 26 weekly drawings. Only 900,000 tickets are sold. Almost every second ticket a guaranteed winner. Circle .....5

**Georgia**—No matter what kind of vacation you want, Georgia has it. Majestic mountains with romantic hideaways, unspoiled island beaches, our beautiful Classic South region, plus all the glitz and excitement of Atlanta. Circle .....6

Please use the response card on this page, or mail this coupon to:

*The Saturday Evening Post*
P.O. Box 2800
Boulder, CO 80328-2800

***The Post Reader Service Center***
***July/August 1988***

Please send information on number indicated: _____ _____ _____ _____

Name_____

Address_____

City_____

State_____

Zip_____

*Please enclose 50¢ for postage and handling. U.S. currency only.*
**This coupon void after September 15, 1988.** 588

had gone with some friends the night before to the annual Philadelphia Flower Show, at the Civic Center. To the opening night—very social, very black-tie. And, unfortunately, a tremendous amount of walking. The show contained acres—literally, acres—of the most fascinating displays, and I think we must have walked through them all. I just very foolishly overdid it. But that was the only setback. So then it was spring, and then Memorial Day was coming up, and I had the cleaning of the cottage to arrange. The state pesticide expert had insisted on that. I got in touch with a firm of industrial cleaners, and we set a date in May. We met at the cottage, two men and I. It was a thorough scrub-down. They did the floors and the walls and the ceiling—it's a cathedral ceiling, with exposed beams. Plenty of surfaces. It's not my nature to just stand there. I pitched in and did the furniture. We also stripped the beds and took down the curtains and took off the slipcovers, all those things, and put them through the washer. Not only that. Before the scrub-down and after, we took samples by vacuum cleaner from all the likely places—door tops, kitchen cabinets, the baseboard radiators. The samples were sent to a commercial industrial lab—a company the state man knew about—and they did a professional analysis. When the results came through, they were shocking. All of the samples—the befores *and* the afters—showed significant amounts of organophosphates and methyl carbamates. The exterminator's technicians had certainly done a thorough job. They hadn't missed a nook or a cranny. And they must have simply drenched the place.

"I say the lab reports were shocking, and they were. But I wasn't taken totally by surprise. Because by the time they came through I was sick again. I suppose what I did at the cottage was foolish. But it never occurred to me that there was still a risk there. After all, the spraying had ended back in October, and the cottage had been opened and repeatedly aired. Anyway, I went back on atropine, and it worked its usual wonders. The knee pain, the weakness, the twitching, the burning, all the neurological symptoms—they were just something I had to live with. I saw another neurologist. All the likely causes of polyneuropathy were excluded by appropriate studies. I didn't have diabetes, pernicious anemia, lead intoxication, collagen vascular disease, porphyria, or a malignancy. The diagnosis of organophosphate intoxication was reconfirmed. I talked with the state pesticide man, and he felt it was safe to use the cottage again if stringent precautions were taken—windows open, plenty of circulating air, fans. Which reminds me. Very early on, there was the question about Lewis and the cottage. Why wasn't he affected? The answer we decided on was fairly simple. By the time he arrived on Friday night, I had opened and aired the cottage. It was I who walked into the fumigation chamber every Friday afternoon. He didn't. Well, the summer of 1985 passed without any serious problems. My left leg continued to hurt, but it's wonderful how one can get more or less used to pain. We closed the cottage, as usual, over Labor Day. Late in September, my knee flared up. It was really disabling. I had a friend and colleague, a rheumatologist, and I consulted her. She gave me a steroid injection, and for about ten days I was feeling great again. She referred me to an orthopedic surgeon for the procedure called arthroscopy—an examination of the interior of my knee. The surgeon did some repair work but found no evidence of degenerative joint disease. I was put on an exercise program. Leg raising with weights. Hamstring lifts. Bicycling. I began, at long last, to improve.

"I think I'll move ahead for a minute. I'm thinking of the problem of the cottage. It was the beginning of everything, but it wasn't the end. It *was* the scene of my last naïveté. That was the Memorial Day weekend in 1986. I went up to the lake on Friday afternoon as usual. I aired everything out—that was second nature now. The weather was cool for May, chilly, even. Lewis arrived late Friday night. Saturday night was almost cold. The heat came on—our baseboard electric heating system. I woke up in the middle of the night. Nausea. Abdominal cramps. Twitching. All the old familiar symptoms. I realized at once what had happened. In spite of everything, there must still be some organophosphate residue around. On the radiators, perhaps. And the heat

*continued on page 111*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# TRAVEL DIRECTORY

## GEORGIA

This Year...Plan an Island Vacation... Condominium Style

We invite you to discover beautiful ST. SIMONS ISLAND, GA. while enjoying deluxe accommodations in one of our Oceanfront Condominium Resorts.

Begin your next vacation by contacting THE Vacation Specialists —

THE COMPANY Trupp Hodnett Enterprises

THE Management Company

GA 800-533-2679 • USA 800-654-8156
P.O. Box 1 • St. Simons Island, GA 31522
912/638-5450

## MISSISSIPPI

Dreams ... Memories Legends

That's what Natchez is all about!

Visit magnificent antebellum mansions. Cruise the mighty Mississippi River. Savor the sweet fragrance of the Southern magnolia. Relish the splendor of America's most elegant Bed and Breakfast homes.

NATCHEZ Pilgrimage Tours ®

Call Toll Free 800-647-6742
P. O. Box 347 • Natchez, MS 39120

## GEORGIA

Classic Beauty Exposed.

Discover antebellum mansions by the score, historic sites from Colonial times to the present, year 'round outdoor activities, and Southern hospitality at its warmest in our Classic South region. Call or send this coupon for your free book of Georgia vacations.

Name_____

Address_____

City_____ State_____ Zip_____

Return to: GEORGIA, Box 1776, Dept CSSP, Atlanta, GA 30301
Or call: 1-800-VISIT GA.

GEORGIA on my mind

## VIRGINIA

Make History This Weekend with the Old Town Holiday Inn

$111.00 Weekend Package.*

*$ 111 a couple includes:*
*• 3 days and 2 nights in Old Town Holiday Inn • Continental breakfast-in-bed Saturday • A round of drinks at 101 Royal • Complimentary champagne with the purchase of Sunday Brunch at 101 Royal*

*Twenty Minutes and Two Hundred Years from Washington D.C.*

Holiday Inn

*Old Town, Alexandria*
*480 King Street, Old Town Alexandria, Va. 22314*
*(703) 549-6080 Toll Free: 368-5047*
**restrictions apply*

## THE ORIENT

Experts in Orient Travel for 15 Years

J.C. Travel Service

1988 TOURS

**OLYMPIC GOLD TOUR** $2,167

- RT Airfare from the West Coast
- First Class Accommodations
- Ground Transportation
- Dine-Around Program
- City Tour
- Taxes and Service Charges
- Also Includes: Tour A-Opening Ceremony Tkts, Tour B-Selected Events Tkts, Tour C-Closing Ceremony Tkts

**DEPARTURES:**
(A) SEP 13-21, (B) SEP 19-26, (C) SEP 24-OCT 03 ($2,257.00)

**HONG KONG SHOPPING TOUR** $1,290

- RT Airfare
- Five Nights First Class Accommodations
- City Tour
- American Breakfast Daily
- Transfers
- Baggage Handling
- U.S. Departure Tax
- Taxes and Service Charges

**DEPARTURES:**
**LOW SEASON — $1290.00**
MAR 28, APR 25, MAY 23
**HIGH SEASON — $1360.00**
JUN 20, JUL 25, AUG 22, SEP 26, OCT 24, NOV 28

*Prices subject to change
**Packages available including Hong Kong, Tokyo, China, Taipei, Honolulu, or other Orient Cities.

Inside GA (404) 577-2457
Toll Free 1-800-338-3417

## ALABAMA

on the Beach!

Enjoy Alabama's Gulf Coast. Miles of sugar white sand beaches. We offer you the finest in luxury vacation accomodations and at an affordable price. Whether you need a fully furnished condo for a party of 10, or a hide-a-way for 2 with a hot tub, we have what you need!

Sea-n-Shore

P.O. Drawer 1278
Gulf Shores, AL 36542
Toll Free Outside AL.
1-800-547-8801
Toll Free In AL.
824-6156

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# TRAVEL DIRECTORY

## SOUTH CAROLINA

**Indigo Inn** *Charleston*

*Our award-winning inn located in the heart of the historic district features 18th century decor, a lush courtyard and true Southern Hospitality! Tariffs include our Hunt Breakfast, private parking and daily newspapers.*

*Take advantage of special summer rates until September First.*

ONE MAIDEN LANE
Charleston, South Carolina 29401
In S.C. 1-577-5900
Toll Free 1-800-845-7639
S.C. 1-800-922-1340

AAA Four Diamond Award 1988

## SOUTH CAROLINA

**Free**

Myrtle Beach Rental Vacation Guide

Ocean Front
1,2 & 3 Bedroom
Condominiums

Golf packages

1-800-845-0837

Barefoot Vacations
3405 N. Kings Hwy.
Myrtle Beach, SC 29578
M. Nichols BIC

## FLORIDA

## GEORGIA

Clip our cut-out and send it in for a big package of all the excitement we've planned for you on St. Simons Island, Jekyll Island, Sea Island and Port City Brunswick. 439 square miles of golf, tennis, beach, seafood, shopping, history and more.

The Golden Isles of Georgia

GEORGIA'S COLONIAL COAST

Send below to: Golden Isles Tourist and Convention Bureau, 4 Glynn Avenue, Brunswick, GA 31520.

Name _____

Address _____

City _____ State _____ Zip _____

SEP

## SOUTH CAROLINA

*Escape to*

**Charleston**
SOUTH CAROLINA

*Family Fun!*

This is a vacation destination for the entire family. Stately antebellum homes, museums, and antique shops — beach resorts and miles of public beaches — carriage tours, golf courses, excellent fishing, and hundreds of other things to see and do. Write for Visitors Guide.

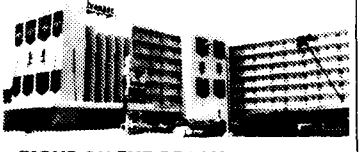
South Carolina
Smiling faces. Beautiful places.

Charleston Trident Convention & Visitors Bureau
Dept. 89, P.O. Box 975, Charleston, S.C. 29402

## FLORIDA

**DAYTONA BEACH RESORT AREA**

. . . You'll Love the Ivanhoe



***RIGHT ON THE BEACH***

We treat you royally at the Ivanhoe. Clean rooms, efficiencies and apartments with color TV, private balconies, ocean view every room, complete amenities, restaurant & lounge. Reasonable rates. Children 18 & under FREE when accompanied by parents. If you like the ocean, you'll love the Ivanhoe. Call or write for FREE color brochure.

**Mention this ad for 10% discount.**

**Ivanhoe BEACH LODGE**

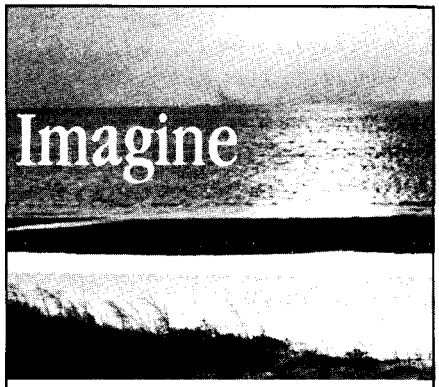
Ivanhoe BEACH LODGE

**205 South Atlantic Ave.**
**Ormond Beach, FL 32074**
**Toll Free: 1-800-874-9910**
**In Florida: (904) 672-6711**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# TRAVEL DIRECTORY

## GEORGIA




### Your Best Vacation Yet!

*The Oceanfront Quality Inn-Buccaneer on Jekyll Island, Georgia has everything for your best summer vacation.*

- Spacious Rooms
- Biking, tours, golf
- Hotel Activities
- AAA/AARP Discounts

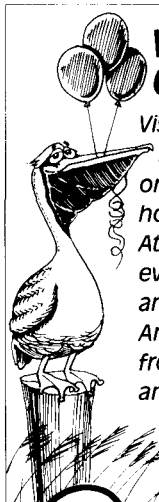
Quality Inn

Buccaneer
85 Beachview Drive
Jekyll Island, GA 31520
912/635-2261

THREE DIAMOND AWARD

★ Mobil ★ Travel Guide

## NORTH CAROLINA



### VACATION CELEBRATIONS.

*Visit Onslow County June-October and catch one of our many colorful hometown festivals. At them you'll find unique events, live entertainment and one-of-a-kind treasures. And you'll never be far from our beaches, parks and fishing.*

Onslow and behold!

*For information contact The Greater Jacksonville-Onslow Chamber of Commerce, 1 Marine Blvd., P.O. Box 765, Jacksonville, NC 28541-0765, 919/347-3141.*

## TENNESSEE

### Discover

The Smoky Mountains

*it's Gatlinburg!*

*In the heart of the Smokies*

Call For Free 1988 Color Vacation Guide

It's time you got away to

Gatlinburg Tennessee

1-800-822-1998

Chamber of Commerce, P.O. Box 527, Gatlinburg, TN 37738

# Smoke Alarm

Protect yourself with a Probe 401 alarm—the state of the art in smoke detection. Technically advanced with solid-state circuitry, this reliable alarm's dual protection system alerts you to smoke while lighting the way to safety. Each alarm comes with a kit for easy installation in hallway or bedroom. Testing is "fingertip easy." Just press the button for five seconds. A blinking light assures you that your smoke alarm is properly connected, and a "low battery" signal sounds when replacement is necessary.

Mail to Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206. Please send me _____ smoke alarm(s) at $20.95 each plus $2.00 each for p&h (Please allow 4-6 weeks for delivery. Indiana residents add 5% sales tax.)

☐ Check or money order enclosed ☐ VISA ☐ MasterCard

Card no._____Exp. date_____

Signature_____

Name_____

Address_____

City_____State_____ Zip _____



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# TRAVEL DIRECTORY

## ALABAMA

### Islands in the Sun

IN GULF SHORES, ALABAMA

Over 200 available waterfront units with over 1000 feet of private sugar white Gulf front beaches. Daily and weekly rentals available. Our RESORT MEMBERSHIP in the New ARNOLD PALMER designed Cotton Creek Course assures your golf game up to 6 months in advance. For information contact:

**YOUNG'S REALTY & PROPERTY MANAGEMENT**
P.O. BOX 2368 • GULF SHORES AL 36542
In Gulf Shores **968-4400**
In AL **1-800-228-2921**
Outside AL **1-800-551-8384**

## SOUTH CAROLINA

**SOUTH CAROLINA**
**OLD 96**

* Three Major Lakes
* Nine Festivals
* Six State Parks
* 220 Years of History's Treasures
* Eight Public Golf Courses
* Unique Restaurants/Lodging
* Fun Tours/Side Trips
* Antique Lovers Delight
* Sportsman's Haven

For your free Vacation Guide or tour information, write or call:

**Old Ninety Six Tourism Commission**
P.O. Box 1305
Greenwood, S.C. 29648
**Phone: (803) 223-1559**

Smiling faces. Beautiful places.

## TENNESSEE

### Memphis in Grand Style. $99 for Two.

Make a grand getaway to Memphis. The Overnighter package from the South's grand hotel includes:

- Luxurious accommodations for one night
- Admission to the Peabody Athletic Club (indoor pool, sauna, whirlpool)
- Parking and taxes.

$99 per couple. Subject to availability. Extra night, $79. Call 1-800-PEABODY. In Tennessee, 1-800-582-6204. Or your local travel agent.

The Peabody MEMPHIS

A Belz Hotel
Mobil Four Star Award
Member Preferred Hotels
149 Union Avenue
Memphis, TN 38103

In Florida, the tradition continues at The Peabody Orlando.

## ALABAMA

### BEACH RENTALS

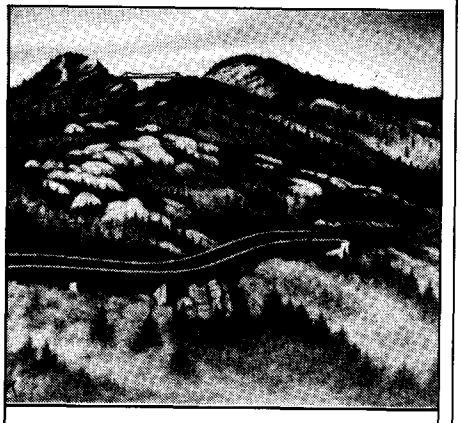
CONDOS FROM $360/WK
BEACH HOUSES FROM $495/WK
FOR RESERVATIONS CALL:
1-800-824-6331
1-800-522-4853 (IN ALABAMA)

DRIFTWOOD TOWERS CONDOS
2 BD/2BA $595/WK
FOR RESERVATIONS CALL:
1-800-888-8123 #231
1-205-948-2383

QUOTES FOR MONTHLY AND OFF-SEASON RATES AVAILABLE.

**MEYER**
REAL ESTATE
P.O. BOX 276
GULF SHORES, AL 36542

## NORTH CAROLINA



### ONE FAMOUS MOUNTAIN, TWO FAMOUS BRIDGES!

See breathtaking views from the tallest mountain in the Blue Ridge Range. One billion year old Grandfather Mountain: home of the Mile High Swinging Bridge and the Blue Ridge Parkway Viaduct.

**"Carolina's Top Scenic Attraction"**
**GRANDFATHER MOUNTAIN**
US 221 and the Blue Ridge Parkway
Linville, North Carolina 28646

## SOUTH CAROLINA

**Choose your favorite vacation:**

- ☐ **a.** Staying in an oceanfront condo.
- ☐ **b.** Staying in an oceanfront condo with a maid.
- ☐ **c.** Staying in an oceanfront condo with full hotel service.
- ☐ **d.** Staying in an oceanfront condo with a healthclub, jacuzzi/sauna and indoor/outdoor pools.
- ✔ **e. All of the above!**

*Conveniently located on* ***Myrtle Beach's Grand Strand,*** *our luxurious all-suite accommodations also include a 7th floor oceanfront restaurant & lounge and an award-winning staff to serve you!*

**Suites from $89!** /night
*Call 1-800-522-0818 in S.C. 803-497-0044*

**RAMADA** Ocean Forest **RESORT**
5523 N. Ocean Blvd. Myrtle Beach, S.C. 29577

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# TRAVEL DIRECTORY

## SOUTH CAROLINA

### THIS IS SEA PINES!

Internationally famous for golf, tennis, Atlantic beaches and Harbour Town. Sea Pines offers fresh and salt water fishing, bike paths, boating, sailing, shopping, restaurants and lounges. All within 5000 lush semi-tropical acres. You'll never need to leave.

*Call or write today for a free color brochure, rates and packages.*

SEA PINES. RESORTS

*1-800-845-6131*
*In South Carolina call 803-785-3333.*

Dept. SEP78, P.O. Box 7000
Hilton Head Island, SC 29938

## SOUTH CAROLINA

### Ansonborough Inn

**Charleston**

"SUITE SUMMER SPECIAL"

(2nd Night ½ Price, OR 3rd Night FREE!)

Located conveniently in Charleston's historic district, our ALL-SUITE inn is a converted ©1900 warehouse with exposed beams and brickwork throughout. Daily breakfast, newspapers and afternoon wine will complement your visit. Offer based on standard $95 double occupancy.

Good through 8/31/88.

21 Hasell Street
Charleston, SC 29401
803-723-1655
1-800-522-2073 out of state

## SOUTH CAROLINA

### MORE SAND FOR YOUR DOLLAR. $540/Week.*

Great family vacation value. Private beaches, golf, tennis, horseback riding, programs for kids, marina, luxury villas. Half hour from historic Charleston. Call for reservations or send coupon for free brochure.

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Return to: Box 32099, SP07, Charleston, SC, 29417. Or call **1-800-845-5531.** Inside SC **1-800-922-2401.**

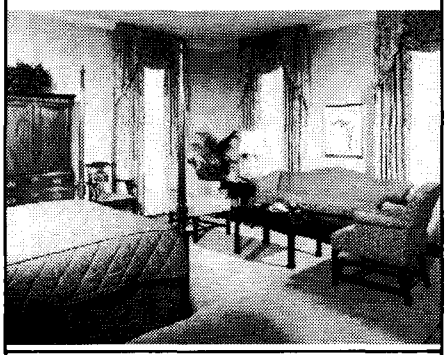
*Rate based on 1 BR scenic villa. 7-night minimum, 4 person limit; includes 1 free day of bike rental plus discount coupon book good for children's programs, golf, tennis, family activities. Rate good thru August 20, 1988.

Seabrook Island Resort

## SOUTH CAROLINA

### Planters Inn

*"The charm and intimacy of a small inn, with the services of a grand luxe hotel."*



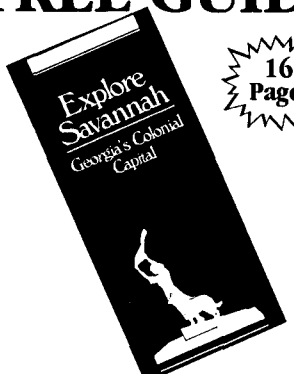
Meeting at Market, 112 N. Market Street
Charleston, South Carolina 29401
800-845-7082, in S. Carolina 722-2345

Reynolds Square, 29 Abercorn Street
Savannah, Georgia 31401 800-554-1187, in Georgia, 800-554-1188

Mobil Travel Guide 1988

## GEORGIA

### FREE GUIDE




16 Pages

Explore the past - live the present in the nation's largest urban Landmark Historic Distric. Accomodations, attractions, dining, serene or lively. Mail coupon: Savannah Convention & Visitors Bureau, Dept. SEP, 222 W. Oglethorpe Ave., Savannah, GA 31499.

Name _____

Address _____

City _____

State, ZIP _____

## GEORGIA

### JEKYLL ISLAND One Bedroom Villa

STARTING AT **$499*** AND UP PER WEEK WITH THIS COUPON

***Expires 8/21/88**

Special green fees, 63 holes of golf. Oceanside setting.

2 and 3 Bedroom quotes available.

Call toll-free:
1-800-841-6262.
In Georgia:
1-800-342-6872.

Villas by the Sea Resort Hotel

1175 N. Beachview Drive
Jekyll Island, Georgia 31520

For more information, call toll-free or send in this section:

Name _____

Address _____

City _____ State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

## *Good-by, Grandma*

*continued from page 63*

and head for the door, with no regrets and no walking backward up the aisle. So, I'm leaving while I'm still happy and still entertained."

Douglas, almost 13, was summoned next to her side.

"Grandma, who'll shingle the roof this spring?"

Every April for as far back as there were calendars, you thought you heard woodpeckers tapping the housetop. But no, it was great-grandma somehow transported, singing, pounding nails, replacing shingles, high in the sky!

"Douglas," she whispered, "don't ever let anyone do the shingles unless it's fun for them."

"Yes'm."

"Look around, come April, and say, 'Who'd like to fix the roof?' And whichever face lights up is the face you want, Douglas. Because, up there on that roof you can see the whole town going toward the country and the country going toward the edge of the earth and the river shining and the morning lake, and birds on the trees down under you, and the best of the wind all around above."

Her voice sank to a moth flutter. Douglas was crying.

She roused herself again. "Now, why are you doing that?"

"Because," he said, "you won't be here tomorrow."

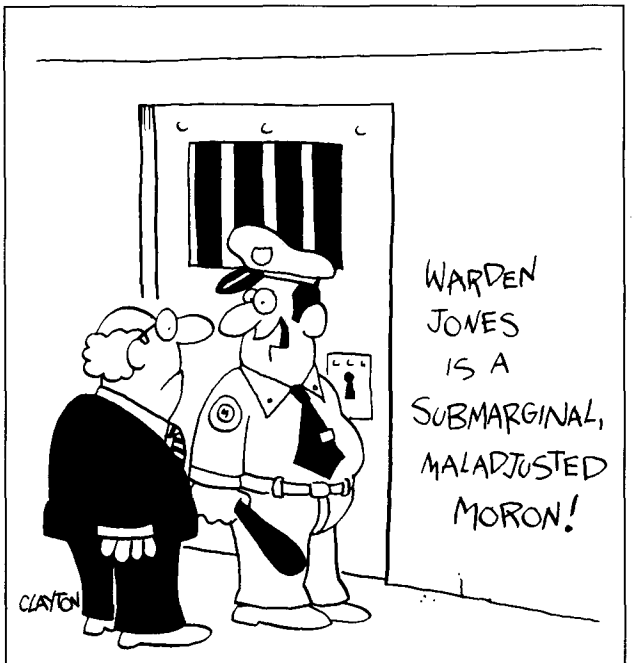
She turned a small hand mirror from herself to the boy. He looked at her face and himself in the mirror and then at her face again as she said, "Tomorrow morning I'll get up at seven and wash behind my ears; I'll run to church with Charlie Woodman; I'll picnic at Electric Park; I'll swim, run barefoot, fall out of trees, chew gum. Douglas, Douglas, for shame! You cut your fingernails, don't you?"

"Yes'm."

"And you don't yell when your body makes itself over every seven years or so, old cells dead and new ones added to your fingers and your heart. You don't mind that, do you?"

"No'm."

"Well, consider then, boy. Any man saves fingernail clippings is a fool. You ever see a snake bother to keep his peeled skin? That's about all you got here today in this bed is fingernails and snakeskin. One good breath would send me up in flakes. Important thing is not the me that's lying here, but the me that's sitting on the edge of the bed looking back at me, and the me that's downstairs cooking supper, or out in the garage under the car or in the library, reading. All the new parts, they count. I'm not really dying today. No person ever died that had a family. I'll be around a long time. A thousand years from now, a whole township of my offspring will be biting sour apples in the gumwood shade. That's my answer to anyone asks big questions! Quick now, send in the rest!"




*"Look on the bright side. Your literacy program is a huge success."*

At last the entire family stood, like people seeing someone off at the rail station, waiting in the room.

"Well," said great-grandma, "there I am. I'm not humble, so it's nice seeing you standing around my bed. Now, next week, there's early gardening and closet cleaning and clothes buying for the children to do. And since that part of me which is called, for convenience, great-grandma won't be here to step it along, those other parts of me called Uncle Bert and Leo and Tom and Douglas and all the other names will have to take over each to his own."

"Yes, grandma."

"I don't want any Halloween parties here tomorrow. Don't want anyone saying anything sweet about me; I said it all in my time and my pride. I've tasted every victual and danced every dance; now there's one last tart I haven't bit on, one tune I haven't whistled. But I'm not afraid. I'm truly curious. Death won't get a crumb by my mouth I won't keep and savor. So don't you worry over me. Now, all of you go, and let me find my sleep."

Somewhere, a door closed quietly.

"That's better." Alone, she snuggled luxuriously down through the warm snowbank of linen and wool, sheet and cover, and the colors of the patchwork quilt were bright as the circus banners of old time. Lying there, she felt as small and secret as on those mornings 90-some-odd years ago when, wakening, she comforted her tender bones in bed.

*A long time back,* she thought, *I dreamed a dream, and was enjoying it so much, when someone wakened me, and that was the day when I was born. And now? Now, let me see.* She cast her mind back. *Where was I?* she thought.

Ninety years. How to take up the thread and the pattern of that lost dream again? She put out a small hand. There! Yes, that was it. She smiled. Deeper in the warm snow hill she turned her head upon her pillow. That was better. Now, yes, now she saw it shaping in her mind, quietly, and with a serenity like a sea moving along an endless and self-refreshing shore. Now she let the old dream touch and lift her from the snow and drift her above the scarce-remembered bed.

Downstairs, she thought, they were polishing the silver, and rummaging the cellar, and dusting in the halls. She could hear them living all through the house.

"It's all right," whispered great-grandma, as the dream floated her. "Like everything else in this life, it's fitting."

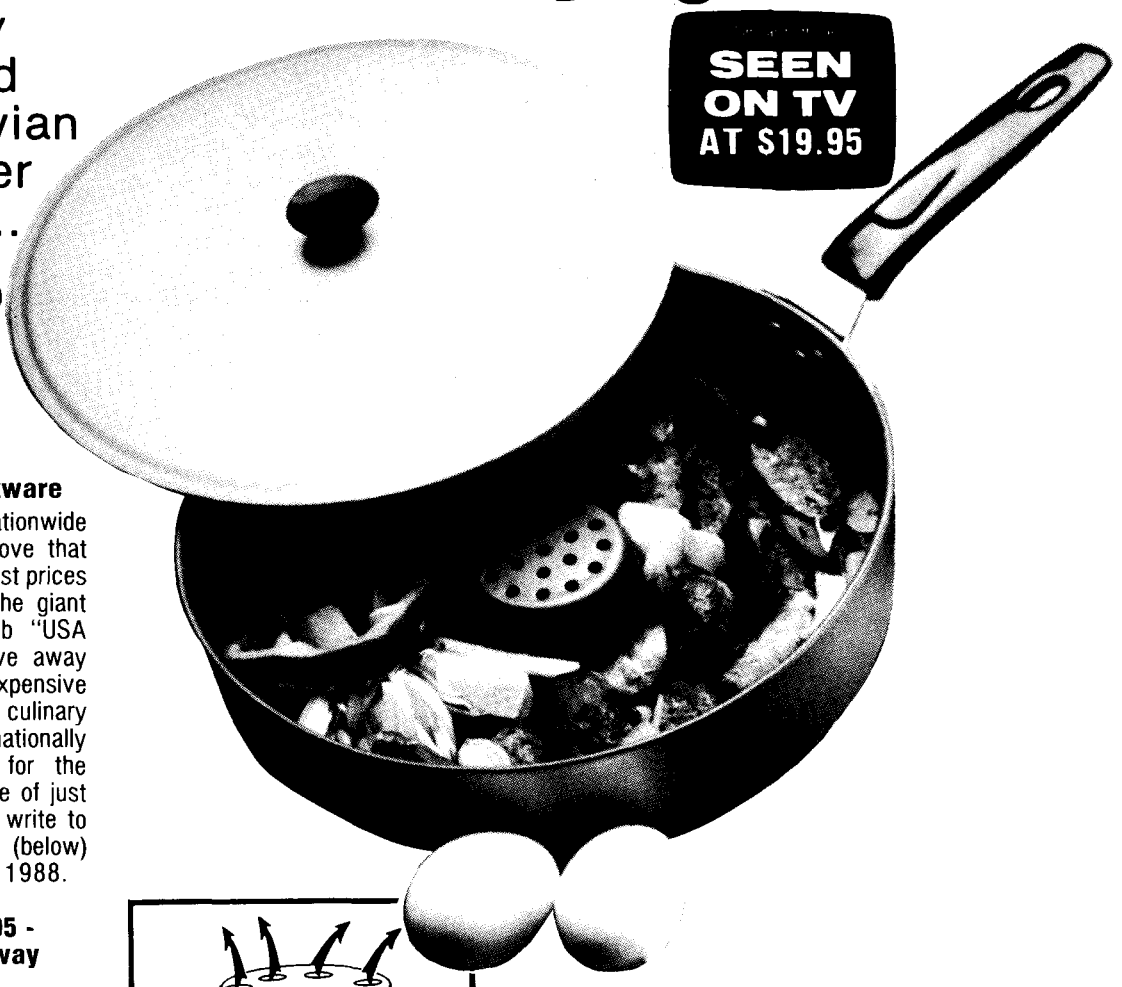
And the sea moved her back down the shore.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# "This Is *NOT* A...Frying Pan"™

Nationally Advertised Scandinavian Dry Cooker For Only...

**$9.95?**

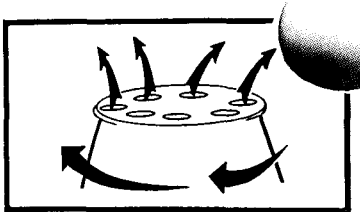



### Dry Frying Revolutionizes Cookware

As part of an enormous nationwide publicity campaign, to prove that we have the absolute lowest prices available in the nation, the giant new home shopping club "USA Buyers Network" will give away one million of its most expensive fat and calorie free culinary systems — the famous nationally advertised Dry Cooker, for the unbelievable publicity price of just $9.95 only to those who write to the company address (below) before Midnight, Aug. 30, 1988.

### Not $50, Not $19.95 - Incredible Give-Away For Only $9.95!

Similar culinary systems have been nationally advertised by others on television for double our price. In fact, you would think that a high tech culinary system like this would sell for well over $50. But during this nationwide publicity campaign, you don't pay $50 or even half that much. You pay the incredible low price of just $9.95! But this offer is for a limited time and only available through THIS nationwide publicity campaign if you respond before the deadline above.



**The Secret**

The exclusive Internal Cooking Tower forces super hot air to circulate rapidly throughout the heating chamber to give you the same effect of frying without the fattening grease and oil!

### Indulge In Crispy, Tasty Fried Foods Without The Calories And Fat Of Frying

Just imagine what it would be like to eat all the fried foods you love without the fat, grease, cholesterol, and calories that your body can do without. Cook up your favorite French Fries in this high tech dry cooker, and you'll have a delicious, crispy, low calorie snack that's sure to satisfy even the fussiest of eaters. (Remember, a whole potato has just 90 calories when its NOT deep fried!)

It's hard to believe, but that's still just the beginning! Four pieces of deep fried chicken cooked surrounded by boiling oil actually soaks up more than 1/4 cup of oil — that's over 500 calories! Chicken done in the Dry Cooker is cooked up crispy by rapidly circulating hot, dry air. Now you can enjoy that crispy fried chicken you love without worrying about the ugly fat and calories you hate! If you're one of those people that can't seem to stick to even the simplest of diets because you hate the taste of those bland foods you have to eat, this miracle dry cooker is the answer you've been waiting for to start you on your way to a slimmer, trimmer, healthier you!

### Tongue Tantalizing Treats!

Try the dry cooker on sausages and they'll taste as if they've been cooked on an outdoor barbecue. Dry cook vegetables and you'll notice an incredibly wonderful difference from boiling or steaming! You can even dry roast nuts or bake potatoes. With a little imagination, the possibilities are virtually unlimited.

Remember, with the Dry Cooker exclusive Internal Cooking Tower you get all the taste and crispiness of fried foods without the extra fat! No wonder this is the most popular and fastest selling cookware ever sold by this giant new home shopping club!

These Nationally Advertised Dry Cookers will not be sold to any wholesalers, dealers, or retailers at this price. They are only available through this special publicity campaign for a limited time. There is a limit of two (2) per address at this price, but requests that are mailed early enough (before Aug. 25) may request up to five. Each Dry Cooker is covered by a full one year money back guarantee.

**TO ORDER:** Send your name, address and $9.95 for each Dry Cooker you are requesting. Add just $3 for shipping, handling, and insurance (no matter how many units you are requesting). Visa and MC users please supply Account No., Expiration Date, and Signature. (Virginia residents add sales tax). Allow up to 60 days for shipment. Mail to:

**USA Buyers Network, Dept. DC1840**
**One American Way, Roanoke, VA 24016**

© DMV, INC. 1988 (1911)
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

## *The Misery Market*

*continued from page 23*

land, California, were catering to the tastes of certain customers by attaching packages of lemon Kool-Aid to bottles of white wine. Customers did their own mixing at home. The story goes that Gallo, borrowing the idea, created citrus-flavored Thunderbird. Other flavored high-proof wines then surged into the marketplace. Among them: Twister, Bali Hai, Hombre, Silver Satin, and Gypsy Rose. Gallo says that the Kool-Aid story is "a nice myth" but that Thunderbird was "developed by our wine makers in our laboratories."

### "Thunderbird Princess"

Vintners advertised heavily and sought to induce skid row's opinion leaders—nicknamed "bell cows"—to switch brands by plying them with free samples. According to Arthur Palombo, the chairman of Cannon Wines Limited and one of Gallo's marketing men in the 1950s and '60s, "These were clandestine promotions." He doesn't say which companies engaged in the practice.

Today, such practices and most brands have long since died out. Companies now resort to standard point-of-sale promotions and, in the case of Canandaigua, some radio and TV advertising. There is still an occasional bit of hoopla. In New Jersey, Gallo recently named a Thunderbird Princess, and Canandaigua is currently holding a Miss Wild Irish Rose contest. But to hear distributors tell it, word of mouth remains the main marketing tool.

The market is hard to reach through conventional media. Winos will drink anything if need be, but when they have the money to buy what they want they tend to hew to the familiar. (Sales resistance may help explain why the handful of low-end products that companies have tried to launch in the past 20 years have mostly bombed.) Besides, "it would be difficult to come up with an advertising campaign that says this will go down smoother, get you drunker, and help you panhandle better," says Robert Williams, a reformed alcoholic and a counselor at the Manhattan Bowery Corporation's Project Renewal, a halfway house for Bowery alcoholics.

Companies see no reason to spend a lot of money promoting brands they don't want to be identified with. "Gallo and ourselves have been trying to convey the image of a company that makes fine products," says Hal Riney, the president of Hal Riney & Partners, which created the TV characters Frank Bartles and Ed Jaymes for Gallo's wine cooler. "It would be counterproductive to advertise products like this."

Richards Wild Irish Rose purports to be made by Richards Wine Company. The label on a bottle of Gallo's Night Train reads, "Vinted & bottled by Night Train Limited, Modesto, Ca." Gallo's spokesman, Mr. Solomon, says, "The Gallo name is reserved for traditional [table] wines."

Industry people chime in that it isn't at all uncommon for companies to do business under a variety of monikers. But they also agree with Cannon's Mr. Palombo: "Major wine producers don't want to be associated with a segment of the industry that is determined to be low-end and alcoholic."

Winos have their own names for what they buy, Gallo's appellations notwithstanding. When they go to buy Night Train, they might say, "Gimme a ticket." They call Thunderbird "pluck," "T-Bird," or "chicken." In street lingo, Richards Wild Irish Rose is known as "Red Lady," and MD 20/20 is "Mad Dog."

### Getting Through Sundays

If skid-row wines are cheap to market, they are even cheaper to make. They are generally concocted by adding flavors, sugar, and high-proof grape-based neutral spirits to a base wine. The wine part is produced from the cheapest grapes available. Needless to say, the stuff never sees the inside of an oak barrel.

"They dip a grape in it so they can say it's made of wine," says Dickie Gronan, a 67-year-old who describes himself as a bum. "But it's laced with something to make you thirstier." Sugar probably. In any event, customers keep on swigging. Some are so hooked that they immediately turn to an underground distribution system on Sundays and at other times when liquor stores are closed. "Bootleggers," often other alcoholics, buy cheap brands at retail and resell them at twice the price. The street shorthand for such round-the-clock consumption is "24-7."

At nightfall, Mel Downing, the member of the bottle gang with the leg infection, is panhandling off the Bowery "to make me another jug," as he puts it. As his shredded parka attests, he got into a fight earlier in the day with his buddy, Teddy Druzinski, who then disappeared. Mr. Downing also got too drunk to make it that day, as planned, to the hospital for treatment of his "wine sores."

A short while later, Mr. Druzinski emerges from the shadows. He has a bloodied face because he "took another header," which is to say he fell on his head. Nevertheless, in the freezing darkness, he joins his partner at begging once again.

"I'm feeling sick to my stomach, dizzy, and mokus," Mr. Downing says. "But I still want another pint." He scans the deserted street and adds: "Another bottle is the biggest worry on our minds."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Summer Reading for Your Grandchildren...

## Plus a Free Gift for You!

A perfect gift idea from the publishers of the Saturday Evening Post

Send your grandchild a gift that lasts the entire year—a Children's Better Health Institute publication designed specifically for the child's age level (see ages at right).

STORK teaches nursery dwellers coordination and recognition of simple objects. Readers of TURTLE learn shapes, numbers and the alphabet. HUMPTY DUMPTY and CHILDREN'S PLAYMATE readers have simple stories and activities for the beginning reader. School-age children enjoy fiction, articles, games, and activities in JACK AND JILL, CHILD LIFE, and CHILDREN'S DIGEST. Each publication presents materials on health in a way that makes it fun to learn.

In each issue, readers receive answers to their questions on health, nutrition, exercise, and safety in the "Ask Dr. Cory" column written by Dr. Cory SerVaas, M.D., Dr. SerVaas has been handling America's medical questions for years as health editor of *The Saturday Evening Post* and through her *LifeCare Digest* on CBN.

With your paid order, you'll receive the first edition of Dr. SerVaas' new book—*Ask Dr. Cory*—a compilation of answers to the questions most frequently asked by readers—an invaluable reference tool for every home!

And, it's yours FREE! So order today—supplies are limited.

STORK (ages 1-3), TURTLE (ages 2-5), HUMPTY DUMPTY (ages 4-6), CHILDREN'S PLAYMATE (Ages 5-7), JACK AND JILL (ages 6-8), CHILD LIFE (ages 7-9), CHILDREN'S DIGEST (ages 8-10). All published 8 times a year.

$9.97 for each one-year gift subscription. SAVE 17 percent from the regular $11.95.

Please enter the gift subscription(s) I have indicated below and send the gift card(s). My FREE "Ask Dr. Cory" will be sent upon payment of my order(s).

My Name _____

Address _____ Apt._____

City _____ St _____ Zip _____

Payment Enclosed _____ Bill Me ☐ One Year $9.97 (regularly $11.95). Make checks payable to: Children's Better Health Institute, P.O. Box 10003, Des Moines, IA 50340

Child's Name _____

Address _____ Apt._____

City _____ St _____ Zip _____

Magazine _____

Child's Name _____

Address _____ Apt._____

City _____ St _____ Zip _____

Magazine _____

Add $7 for foreign and Canadian orders. U.S. currency only.

**Children's Better Health Institute**

1100 Waterway Blvd. • P.O. Box 567 • Indianapolis, IN 46206

MP01

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

## *Doomsday*

*continued from page 55*

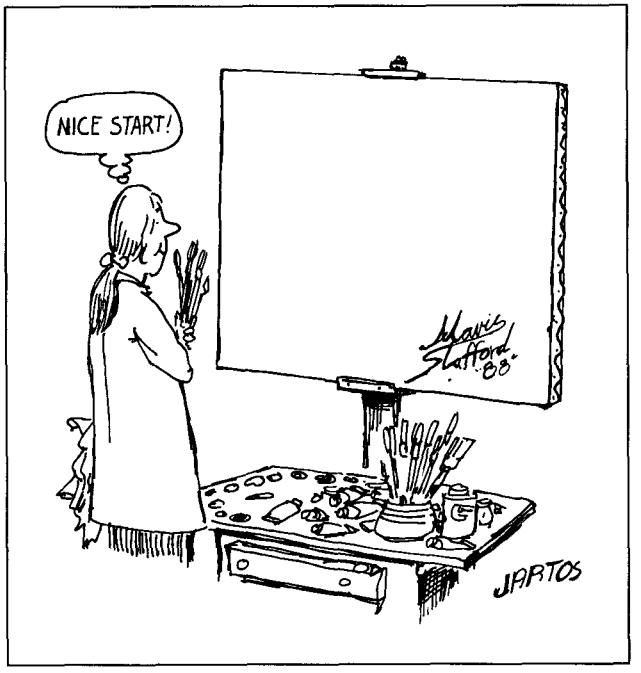
ory! But we'd better ask him to reopen the case." The secretary began to speak angrily, but the President silenced him with uplifted hand. "Go on, Mrs. Grimes. Tell him."

Mrs. Grimes took a staggered breath. She was not used to grand places like this, or high people, and she touched her bonnet on top of her topknot, and it shook with her nervousness, and she felt the knotted ties on her short black cape and she tried to make herself seem smaller. But she was large, and her scrubbed, knotty hands were large, and because she was desperate, she found plenty of dignity to be who she was and where she was. When she spoke, her feelings were under powerful restraint. This made her words stronger as they came.

"My boy, Charles Allen Grimes, Mr. Stanton."

The secretary nodded. He knew all about that, as did we all. He fell to his desk and dashed off a few lines while Mrs. Grimes went on talking.

"Charlie is only a few steps away from here," she said, "in Fort de Russey prison. He is ordered to be executed this morning. I wrote you from New Hampshire, all about it. I could get down there to the prison in four minutes, if I had to, with the proper order in hand."




The secretary did not answer, but held his new dispatch out to the major, who stepped forward and took it.

"Immediate, major," the secretary said, "by mounted messenger. And order him to hurry."

The major saluted and left. Mr. Lincoln watched all this quizzically.

Mrs. Grimes continued, "Charlie isn't what you'd properly call a deserter, Mr. Stanton. We're right proud people in my family, and I wouldn't be here without the truth."

The secretary sat putting little things straight on his desk, as he replied, "Madam, I am sorry for you. But I do my duty. Do not distress me by an appeal which is useless."

The President suddenly became energetic. "How's that? Useless? Don't be in such a hurry, Stanton. Listen to any woman speaking for her son's life." He frowned, and looked at them in turn, as if to wonder if he might be hurting instead of helping. He started to the door of the telegraph office. "I'll leave this with you, now," he said. "I'll just go and scan the telegrams, in case of news from General Sherman. Stanton, you hear her now, mind!" He went out quickly and shut the door.

Mr. Stanton stood up and sat down again, furious, saying, "What earthly good is it to torture ourselves, when——"

"As I wrote you, sir," Mrs. Grimes declared, hardly and clearly, "Charlie came home on furlough to Lebanon, New Hampshire, spent a month with me, and we had a real peaceful and happy time together, until the last week. Then came his trouble."

"Madam," the secretary interrupted in a flat voice, "under my duty as Secretary of War, I have sworn to myself, for the good of the American army, whose effectiveness is now necessary for the policing of the defeated enemy, that no convicted deserter shall have pardon or commutation of sentence. It is vital that we keep discipline, especially now when everyone is ready to let down and run riot over the approaching end of the war. There are simply ways to do things and ways not to do them. I have fought alone during this whole tragic conflict to maintain what you might call military proprieties! The President is against me, always has been, stops at nothing to undo what I have done! The colossal task of keeping order! Of disallowing the luxury of sympathy! You, madam, and your sort, do you imagine you make my task any easier? I must say, you try me sorely, madam!"

She took a step nearer to him at his desk. She towered over him. "But this ain't a rule, Mr. Stanton! This is my boy! This ain't your trouble! It's mine!"

In silence the secretary took out his huge watch and squinted close at it, and I had a sudden suspicion about why he'd made such a long speech to her.

Mrs. Grimes stared at him with his watch, and then the terrible thought struck her, and she leaned out and turned his watch to see the hour. It was ten o'clock.

"Why do you show me the time?" she asked.

"It is now too late, in any case, Mrs. Grimes."

She was stricken away from him by what he told her.

"It was to be at ten o'clock?"

The secretary nodded.

Gaunt and awkward, she backed away to a leather chair and sat in it bolt upright. Her face was the color of granite. She covered her eyes with her great-boned hands. She wept and tried to hide the fact. It was like seeing a pine tree weep.

"Come, Mrs. Grimes. Come, now," the secretary said. "Better if you'd spared us both this poor show. Come. I shall have someone assist you forth, madam."

The door from the telegraph room opened. The President returned.

"Now let me hear your solution, Stanton," he said.

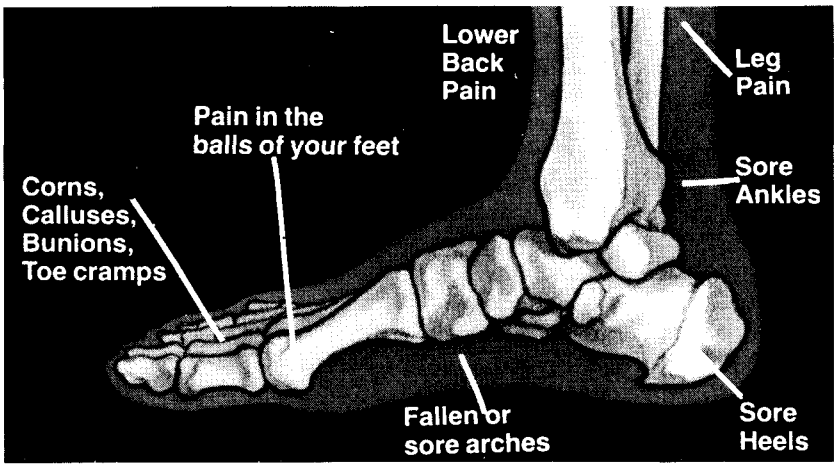
The secretary did not answer, but, with his small white hand held close to his chest, merely indicated the weeping woman.

"You have concluded, of course, Stanton," the President said, "to at least postpone the execution of this man until you can make further investigation?"

The secretary scowled, fearing to have the whole tedious scrape opened up again. He silently showed Mr. Lin-

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Foot Pain Is No Laughing Matter




## At Last—Here's Instant Relief!

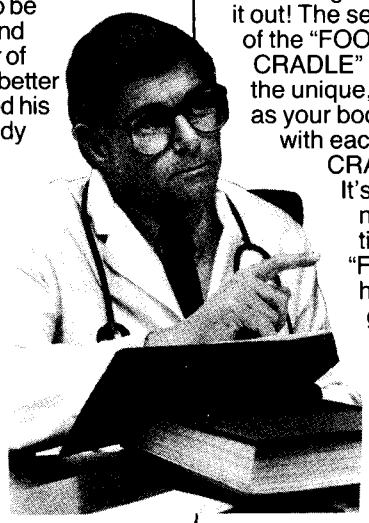
If you suffer from foot pain you know better than anyone it's ***no laughing matter!*** Especially when you have corns, calluses, pain in the balls of your feet, burning nerve endings, painful ankles, old injuries, backaches, or just plain sore, aching feet.

Now with SwissCo "FOOT CRADLES" you will look back on suffering needlessly, and laugh at having put up with foot pain when you really didn't have to.

### Doctor's Scientific Discovery Ends Foot Pain.

A Swiss doctor who specialized in foot therapy knew that painful feet needed to be properly supported and cushioned in any pair of shoes. No one knew better than he as he watched his patients try one remedy after another. Anything his patients tried never provided long-lasting relief from pain.

Finally, he set out to solve the problem himself. After testing dozens of special shoes and insole supports, he invented the amazingly successful "FOOT CRADLE".



### The "Foot Cradle" Insert

A triumph of Swiss inventive genius! "FOOT CRADLE" weighs less than one ounce, yet its unique, contoured design enables it to help support your full body weight while unshackling your feet from their misery.

Works in any shoes—sandals, high heels, sport shoes, sneakers, work shoes, even boots. You won't even realize you're wearing them. See for yourself: Test "FOOT CRADLE" in your shoes entirely at our risk. (See special introductory offer.) Mail this coupon today for a whole new world of blessed foot relief.

### How It's Guaranteed To Work For You.

Like all great inventions it was quite simple once he figured it out! The secret of the "FOOT CRADLE" is in the unique, contoured design. Just as your body weight shifts naturally with each step, so does the CRADLE.

It's designed to apply the natural laws of foot motion to pain-racked feet. "FOOT CRADLES", handmade from genuine European leather, easily slips into any pair of shoes you own. Once you start walking or running, you'll feel the difference immediately. Suddenly, you no longer wince when you walk. The pain from your corns and calluses will disappear. So, if you want to experience total foot pain relief and join the many thousands of other men and women who've discovered blessed relief from their foot pain, order today on our 30 day risk-free trial.

### 30-Day Risk-Free Introductory Offer

Mail the coupon today. Be sure to indicate your correct shoe size and whether ordering for men's or women's shoes. Try a pair of the Swiss doctor's "FOOT CRADLES" for a full month, in any or every pair of shoes you own. You must walk in total comfort, without pain, or return your order for a full refund of purchase price—no questions asked. There's absolutely no risk. You have nothing to lose but your foot pain. To keep the price reasonable, "FOOT CRADLES" are sold direct—not in stores at any price. Now you can get custom comfort at a fraction of the cost. Order today and say goodbye forever to sore, tired, pain-racked feet!

### 30-Day Risk-Free Trial

**SwissCo International, Dept.YSE078**
**712 No. 34th Street**
**Seattle, WA 98103**

YES! Rush my "FOOT CRADLE" on the RISK FREE 30-DAY GUARANTEE.

☐ 1 pair for $19.95 plus $1.50 postage/handling.
☐ 2 pair for $37.90 (Save $5) postage/handling FREE.

$ _____ payment enclosed.
WA residents add 8.1% state sales tax.
Charge my ☐ VISA ☐ MasterCard
Card # _____
Exp. date _____
☐ Women's shoe size _____
☐ Men's shoe size _____
Print Name _____
Address _____
City _____ State _____ Zip _____

©1988, SwissCo. International, 712 No. 34th Street, Seattle WA 98103

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

coln his watch and made a gesture of finality.

Mr. Lincoln said loudly, "Oh, no, it ain't!"

"It is," Mrs. Grimes said, lowering her hands slowly to her lap and gripping her reticule.

The President turned a shade pale browner. "Oh, no!" he cried. "It must not be! It surely ain't!" Then he went to her and took her hand, and just laid his other hand on top of hers, and said, "Well, Mother Grimes, I didn't stop to inquire the hour that was set, before. You have my deepest sympathy. I'm proud of how hard you tried to save him. I wish I'd ha' known him, the better to comfort you now."

She looked up at him and nodded. She had herself under control, but some strong need of memory made her speak her feeling to him.

"I shall tell you how 'twas anyway, Mr. Lincoln." The secretary watched them from his chair, as if in exile from any sort of feeling. "Charlie came home for his furlough, on the farm, in Lebanon, New Hampshire. I am a widow, and there's where I live. I had already given four sons to death for their country."

"Four," Mr. Lincoln said; "no, five! They who give are asked again. . . . Stanton, do you hear?" The President sounded fierce. "We've taken her fifth boy!" He turned back and pressed her hand.

"Yes, all volunteered from our farm," Mrs. Grimes resumed. "The eldest fell at the first Bull Run, that's Joe. Artie at Antietam. My poor little Phil died after Fredericksburg, though we'd thought to save him. And young Ezra at Brandy Station. And this one, Charlie, fought in all his battles only to come home to me on furlough, and there to meet the woman who brought him to this."

The secretary gave a sniff.

"He went back to his regiment," she went on, "and he would not forget her and he would not forget her. He applied for leave and was refused. Meantime, she came trolloping down to Washington all the way from home, to see him. She knew he couldn't come. She knew she shouldn't write him. But she did. And he came."

She paused to collect her good heart, and then resumed with energy.

"It was only to get a kiss or two from the fool girl and go back and fight again. He was a good boy—I know he was—a big, loose-skinned, overgrown boy pumped full of humors and dear things he don't understand that drove him!"

Now she was able to release her feeling, and peaceful tears began to fall openly.

"And she—she didn't know military law, the little fool! But she cajoled him by her pleadings, for she loved him helpless, same's in his way, and he left camp. He was captured without a pass. And then I was telegraphed, and I came on and found him sentenced to death." She urgently pressed the President's hand. "Yesterday I saw him in the prison, and he gave me his word of honor as a man that he had not intended to desert, that he would have returned to the flag the very day he was seized. My son has never lied to me in his life, Mr. Stanton! He is no sneaking deserter. If so, I would say, 'He is not of my blood, though I bore him.' " She spoke as though he were not dead, but now she remembered, and grew weak. "He was true to his country." She bowed her head to Mr. Lincoln's hands. "He was the only one left to me."

The power of her feeling filled the high-ceilinged room, and its effect silenced us all.

*"Suppose you let me do the talking."*

Then it was the corridor door opened and the orderly on duty called out, "The provost marshal from Fort de Russey with a prisoner, sir!"

The secretary half rose from his black chair. "What! How? Impossible!" he cried.

Mr. Lincoln turned to Mrs. Grimes and shook her arms, almost whooping, "Oh, me, oh, my! Here you are, old lady! I feared things had gone wrong, but here you are!" He turned to the orderly and said, "Send in the officer and his charge!"

The provost marshal, a stout, ruddy lieutenant colonel, entered from the hall, bringing a tall, corn-haired, tanned, houndlike youth, who was dazed and grinning, but worried.

When he saw Mrs. Grimes, he cried out, "Maw!"

She flew to him and took him in a hug. She said, "Oh, Charlie!" and then she was overcome by a farm woman's fury in her relief, and she scolded him, "You fool boy, you just wait till I see that girl!"

Charlie fumbled at her in an embrace, and said, "Oh, shoot, maw! Lord, but I'm so glad t' see you this morning!"

"Mr. Provost Marshal," the secretary said, hardly able to speak, "I demand an explanation! Did you not receive the written order I sent you by mounted messenger within the quarter hour?"

"I did, sir," the provost marshal replied, producing a paper and holding it forth. Mr. Lincoln calmly took it from him, and did not read it, but regarded the secretary. "But the President's telegram reached me first with orders to stay the prisoner's execution and personally conduct him here, sir."

"Telegram!" Mr. Stanton exclaimed, sinking back in his chair.

Smiling with a high kind of peacefulness, the President said, "Stanton, that's where I had a little joke on you. I asked your major out there if the fort had the telegraph, and when he said yes, I knew what I could do. You're not up to the modern telegraph, Mist' Secretary; electricity beats horseflesh."

Mr. Stanton gasped. "You wired Fort de Russey, just down the street,

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# EASY GLIDER® lets you Simulate Cross Country Skiing the #1 Fitness Exercise in the World

AS SEEN ON TV

## You can Lose Weight, firm & tone your entire body and achieve Ultimate Aerobic Fitness all with one simple exercise

Yes, now you can simulate the #1 fitness exercise in the world without ever leaving your home. And Easy Glider is the first cross country ski simulator that doesn't cost a small fortune. Engineering ingenuity has put total fitness in easy reach of everyone.

Imagine burning calories faster than jogging. You can on Easy Glider. In fact, you can burn up to 400 calories per workout. Just 20 minutes every other day is all it takes to:

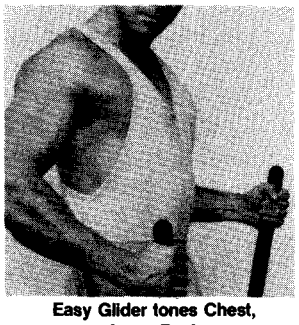
- Lose weight aerobically
- Strengthen and firm all major muscle groups
- Improve your heart, lungs, and circulatory system

Easy Glider is as fun as a romp on roller skates. Yet, it's smooth as silk. This means there's none of jogging's shocks or injuries. And unlike exercise bikes or jogging, all of your muscles get an efficient workout.

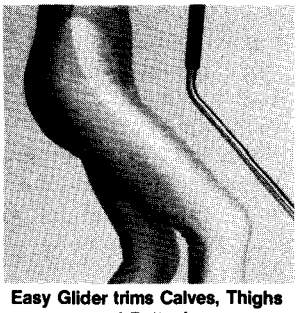
Quality at $59.95

## EASY TO USE

You don't have to be a skier to get the benefits of the #1 fitness exercise in the world. It's easy as 1, 2, 3. Set the two separate tension controls for desired resistance for upper body and legs. Adjust the poles for your height. Step on the glider skates and you're off on the road to fitness and a slim, toned, body. And you'll maintain this body, because the rhythmic motion of Easy Glider is so enjoyable you'll find it easier to stick to your exercise program.



Easy Glider tones Chest, Arms, Back



Easy Glider trims Calves, Thighs and Buttocks

Easy Glider folds down for easy storage under your bed or in a closet

## EASY TO AFFORD

Other ski simulators cost as much as $500. Easy Glider is a quality unit, yet it's priced at an amazing $59.95. How can we do it? First, we spent thousands of hours on the design and engineering of Easy Glider. Then we shopped the world for the best possible price on each integral part. For example, the extruded aluminum frame was purchased in the USA, injected molded skates from the Far East. The overall result is a superior product at an affordable price.

## EASY TO ORDER

Don't wait any longer to enjoy total fitness. Order your Easy Glider today:

**Credit Card Customers:**
**Call Toll Free - Anytime**
**1-800-342-4242 Ask for operator G-1371**

or simply clip the coupon and order by mail.

## ORDER AT NO RISK

You risk nothing when you order. You must see weight loss and fitness benefits . . . or return it within 30 days for a full refund - no questions asked. Plus, Easy Glider is covered by a full 1 year warranty on parts.

Don't delay, order today and be on the road to total fitness and a figure everyone will notice.

©1988 Fitness Quest, Inc. Patent Pending Assembly Required
EASY GLIDER® is a registered trademark of Fitness Quest, Inc.
Before starting this or any exercise program, consult your physician.

**You don't have to be a skier to quickly enjoy all the benefits of Easy Glider. And you use it in the comfort of your own home.**

**— — MAIL NO RISK COUPON TODAY - — —**

**Yes,** I want to lose weight, firm my upper and lower body, and achieve ultimate fitness. Please send me _____ Easy Glider(s) I have ordered below. I understand that I must be delighted or return it within 30 days for a full refund (less shipping and handling).

☐ **EXTRA RUSH SERVICE:** I'm in a hurry. I'm enclosing an extra $2 for special handling and printing the word "RUSH" on the front of my envelope.

**CREDIT CARD CUSTOMERS:**
**CALL TOLL FREE - ANYTIME**
**1-800-342-4242 Ask for operator G-1371**

**CHECK OFFER DESIRED:**

☐ 1 Easy Glider ..... only $59.95
plus $9.00 shipping and handling

**YOU SAVE $10.00 WHEN YOU ORDER TWO**

☐ 2 Easy Gliders ..... only $109.90
plus $18.00 shipping and handling
(Ohio residents add 5% sales tax)

**YOU MAY PAY IN ONE OF TWO WAYS:**

☐ Cash, check or money order
(Make checks payable to Easy Glider)

☐ MasterCard ☐ VISA ☐ American Express ☐ Discover Card

Acct. # _____ Exp. Date _____

Name _____
*(please print)*

Address _____

City _____

State _____ Zip _____

**Easy Glider • Dept. G-1371**
**1 Fitness Quest Plaza • Canton, Ohio 44750**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

while we were waiting in here?"

"Why, sure," the President said with that quaintness of manner which nobody else could match. "I'd just's soon send a telegram a short way as a long way!" He took a card out of his pocket and scribbled on it, and then handed it to Mrs. Grimes. "Mrs. Grimes," he said, "here is Charlie's pardon. It was a close shave, though. . . . Young man, your sentence to death by the court-martial is revoked by the President, who is the duly constituted reviewing officer in all cases of the death penalty. The President's pardon in this case carries with it an honorable discharge from the Army of the United States. Go home and support and cherish your noble mother who has given you a second life. And another thing, son." He went up to Charles Grimes, and put his long finger under the boy's very nose and said, in a confidential tone, "You watch your trollopin', my boy!"

Then he shooed them all, including the provost marshal, out of the office. The major withdrew discreetly. We were left with an atmosphere of considerable strain.

The President came over to face the secretary beside his desk. The secretary would not look up at him.

"Stanton," Mr. Lincoln said gently. "Stanton," and at last the secretary looked up, and the President said quietly, "Stanton, I think I had better burn, without anybody else ever reading it, this dispatch you sent to the provost marshal." So saying, he held it to the flame of the taper on the secretary's desk and only let it down into the inkwell dish when it was almost all black ash. He then found a black leather chair and let himself down into it. It was so deep it made his knees extend upward like a grasshopper's joints. He put his hand like an awning over his eyes. He looked tired and his voice was suddenly husky with tiredness.

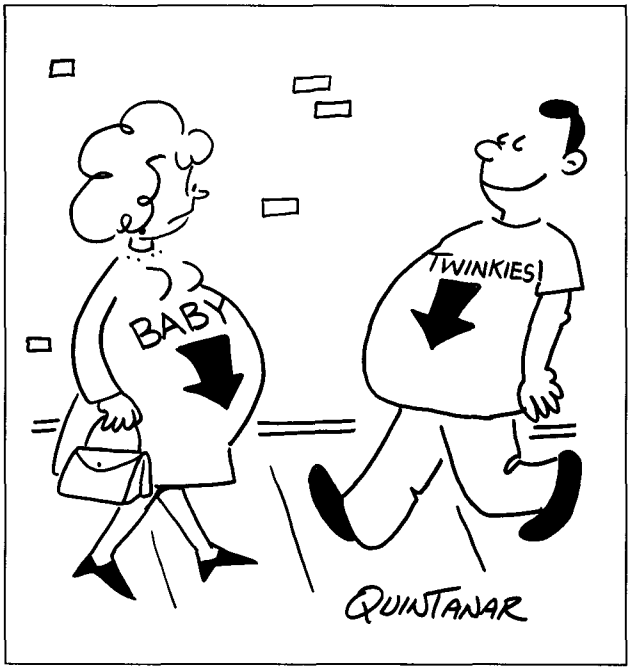
"Stanton," he said, "I am a social failure."

The secretary regarded him stonily, not replying.

"I tried to get up a little box party for tonight," Mr. Lincoln continued, "and do you think anybody'll come to it? Not on your tintype. The major, out there, sent your note over to us at the White House."

"I'm really very sorry, Mr. President," the secretary declared coldly, "but Mrs. Stanton is indisposed."

"And the Grants have sent regrets," the President went on, "owing to the necessity of getting to Philadelphia this evening on family matters. I confess, I'm just a mite vexed." He gave a scrap of a laugh, to show he was not serious, and then sobered when he added, "My wife feels it more than I do, of course, when this kind of thing happens. So it's a poor excuse for a party tonight, hardly worth having at all, I do say."




"Oh," the secretary said, "perhaps you will not go either, then?"

"Why, yes, I'll have to, I reckon. Not that I want to, any more than you do. I've seen the play before, and we really were having it for the Grants. But the theater has advertised a big ceremonial occasion, and I don't suppose everybody can back down and spoil the fun of the crowd there tonight." He smiled, trying to win Mr. Stanton with humor. "I ain't a Grant, nor even a Stanton, but maybe somebody'll be glad to see me there."

Mr. Stanton was unable to say anything to this, and after a moment, Mr. Lincoln added, with diffidence, "Thought maybe somebody'd be too glad, Stanton. That's why I want to ask you to let me borrow your major out there, just for this evening."

"What on earth for!" the secretary exclaimed.

"Stanton, I want him to go along tonight as my bodyguard. He's a mighty powerful fellow. While we were waiting out there by the telegraph, we got to talking of feats of strength and similar phenomena, and with my own eyes I saw him take up a poker from his Franklin Stove, and bend it around his arm, and then straighten it out again. Let's call him in! Let's ask him about tonight!"

"Isn't your regular man adequate, your usual guard?"

"It isn't that. If I told you, maybe you'd laugh at me." He looked up at Stanton under his brows. "Oh, shucks, I guess I can tell you; you've laughed at me, and worse, before. The fact is, Stanton, I've had a most miserably disturbing dream the last several nights. I never had a thing like that impress me so strongly. I dreamed the President was dead in the White House, and I just thought that tonight—you know, the way a man will, regardless of his good sense—I just thought I'd take a little extra care this time. My wife keeps asking me to. So this morning when I saw the demonstration I said to myself, 'I'll get Stanton's poker bender.' "

The secretary gazed at him with eyes like two small, wet, black stones. I had occasion to know, as the major had just had, that he is not a forgiving man. The President had crossed him only this morning, and in front of other people.

He stood up as though to conclude an interview, and said, "I hardly see how I can manage it for you, Mr. President."

"Oh, no, really!"

"No, I've already given orders that the wire staff is to work tonight. The major is the chief, and will be required here. I cannot trust the rest of them. You understand, of course, Mr. President?"

The President stood up and gazed about him. His gaze fell upon me. He gazed into my eyes across the room. He was solemn and weary and, I thought, indifferent to concealment of his inmost self. His look seemed to burn into me, as though he sought

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

delivery or protection or merely comprehension of his living nature from anyone else, even a lieutenant who happened to be there. The thought crossed my mind that, as Mr. Emerson might have said, President Lincoln was a fateful man.

He started and came to himself like someone lately lost in a dream, and he said, "Well, I guess it isn't fair to worry anybody else with my suspicionings after all. No, if 'twas important, Stanton—why, maybe I'd try to outsmart you on it. But, of course, it ain't." He bent down and took his hat from the floor and started for the door. After a step or two he paused, and said half aloud, "Oh, me, oh, my! What a shame about tonight," and then walked on to the corridor door, where he turned, and said, "Good day, lieutenant," to me, and then, to my superior, "Good day, Mist' Secretary."

Mr. Stanton bowed, but did not reply.

The door closed.

A little while later the secretary left for the Cabinet meeting at 11 o'clock in the White House.

His absence gave me an opportunity to go and speak to the major on other than official affairs. I arranged to buy the major's tickets for that evening's performance at Ford's Theater, where Miss Keene was closing in *Our American Cousin,* which I had thought I must miss until then, and which I would now see, and at which I would also see Mr. and Mrs. Lincoln in their box. I reminded myself several times of how lucky I was to have that sudden opportunity.

But all the rest of that day I could not put from mind the recollection of the look which the President gave me, and the words he paused to speak more to himself than anyone else, just before he left us. I said to myself impatiently that his failure to obtain the major as his bodyguard for the evening would likely make no difference in any way—no difference at all.

But still, I kept thinking, what if it might? What if it might?

## *Home Restoration*

*continued from page 61*

rescue family will move into the structure as soon as possible. "War stories" abound of drooping wallpaper, bed linens covered with plaster dust, wires hanging like spaghetti out of fuseboxes, and the absence of such niceties as kitchens and bathrooms.

Vila of "This Old House" offers some valuable mental-health points: "I always advise people—if you're going to be living in the mess—to try and save one area of sanity for yourselves," he says. "Do one room, a parlor or something, where they can maintain a semblance of what is normal. Very often that means 'tenting' the space with polyethylene.

"When you undertake a big renovation job, it's paramount [to] be able to have someplace where you can go and shower the dust off and sit relatively comfortably—even if it's camping out with a hot plate," he adds.

Later, when subcontractors may need to be called in for heavy or specialty work, there are a few basic guidelines:

- Get at least three estimates, because some contractors will bid very high if they don't really want to get the project.
- Ask for, and talk to, previous clients, and ask for photos of recent completions.
- Agreements should be in writing, and the local Better Business Bureau should be contacted.
- Never pay for a project completely up-front.
- For small projects, any quality contractor should agree to a 33 percent "split"—one-third down, an installment at mid-project, and the last upon completion or inspection.
- Before signing a contract, be certain whether the agreement includes total cleanup.

"For large projects, the best method is a system of 'draws,' " explains John Rick, the owner of Wood Logic, an Atlanta contracting firm with years of rehab and restorations to its credit. "With this, 15 percent of the total price is drawn out every two weeks, and banks support this method. This is necessary to keep the subcontractors—masons, electricians, and heat-air people—going. The last 15 percent, held until final inspection, represents the contractor's profit, so the incentive is still there."

Rick is adamant about another

*continued on page 96*


**You Need Venita**

**Now**

**More Than Ever Before!**

**VENITA VAN CASPEL**
Certified Financial Planner, Stockbroker, & Best Selling Author of MONEY DYNAMICS FOR THE 1990'S

LET "AMERICA'S FIRST LADY OF FINANCIAL PLANNING" GUIDE YOU ON YOUR JOURNEY TOWARD FINANCIAL INDEPENDENCE WITH HER NATIONALLY ACCLAIMED **MONEY DYNAMICS LETTER**. . . .

Subscribe to Venita VanCaspel's MONEY DYNAMICS LETTER and get factual, up-to-the-minute information and financial advice that you can act upon in your quest toward financial independence. Each monthly issue is designed to help you prosper in our dynamic, fast-moving and ever-changing economy by informing you of the best investment choices available. The same specific, carefully researched money-making advice that this nationally recognized financial planner gives her own select clients can now be yours for as little as **$2.78 PER ISSUE** with a three-year subscription.

SEND TODAY FOR A COPY OF THE CURRENT ISSUE & SPECIAL SUBSCRIPTION OFFER . . . . . **ONLY $2**

Please send me a current issue of MONEY DYNAMICS LETTER & information on a special subscription offer for first-time subscribers. . . enclosed is $2 (check or M.O. only) P88

Name _____ Address _____

City _____ State _____ Zip _____

Mail to: MONEY DYNAMICS LETTER, 1115 Barkdull St., #A, Houston, TX 77006


LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Your house may be home to an invisible killer.

Courtesy of Granny's House of Miniatures, Indianapolis, Indiana.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Among the homeowners who now complain about the price of gas, many may be getting gas for free—and don't know it. And don't want it.

We're talking about radon gas, the Sneaky Pete that slips undetected into a house, primarily from soil and rocks, through cracks in concrete floors and walls, through floor drains, sumps, joints, and tiny pores in hollow-block walls. It's invisible, colorless, and tasteless. It does have one bad side effect, however: it can kill you.

Because the finger of research is now pointing to radon gas as a cause of cancer (according to a study by the National Academy of Science, radon appears to be responsible for some 13,000 annual lung-cancer deaths), the Saturday Evening Post Society is pointing a finger at every reader whose seemingly safe and secure home has not had the benefit of a charcoal-activated radon-detection kit. (No home can escape this ubiquitous killer in some amount, however small.) Several hundred readers have responded to a *SatEvePost* survey of people who have never smoked and yet suffer from lung cancer or who have a relative with lung cancer. We especially urge these people and others in a similar situation to test their homes for radon.

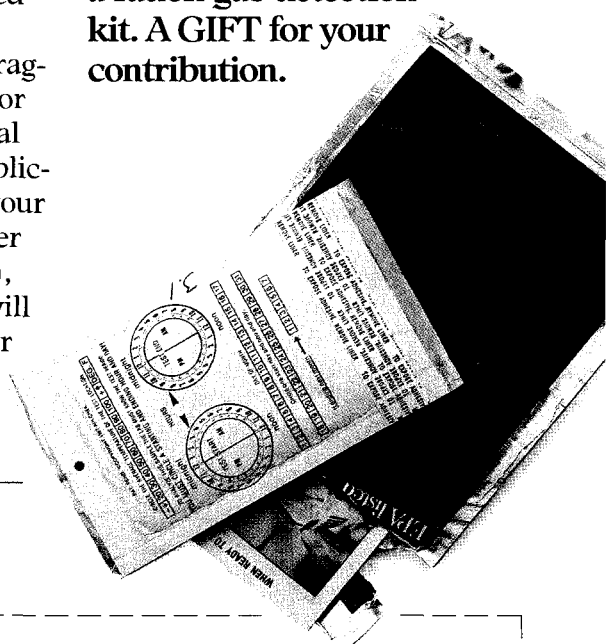
All it takes is your contribution—in any amount—to support our medical research programs, and a kit will be mailed to you as our thanks for your generosity. Included with the kit you will find instructions for several ways of turning away this potential lethal invader. Cracks in the floor, joints between the floor and walls, and openings around loose-fitting pipes can be sealed with silicone caulking. (The sealing of hollow blocks may require professional help.) Sump pumps can be boxed and sealed tight and then vented to the outside. Basement drains can be covered, basement fireplaces closed. Increasing the air pressure in your house, particularly in the basement, can also reduce radon intake. Increasing the ventilation by opening windows is another inexpensive way of sending radon packing.

The tea-bag-like kit is mailed to you free, and after three days of exposure in your home, you then mail it off (with $8.95) to a laboratory for analysis. A report on the results will be returned to you within 24 hours.

If those results are discouraging, follow the advice above or seek guidance from your local environmental agency or public-health department. Should your house be far below the danger level (4 **picocuries** per **liter**), which we sincerely hope it will be, please don't feel that your contribution has gone for naught. Rather, it has gone toward helping the Society's three preventive-health vans—the MAMMOBILE, the AIDS MOBILE, and the HEART MOBILE—to continue their missions in detecting breast cancer, the HIV virus, and potential coronary disease among the unsuspecting.

The larger your tax-free contribution, of course, the more the Society can do in its many other adventures in preventive medicine. It's your help in *any* amount, however, that will start that important FREE kit on its way. *Today* would be an ideal time for you to mail in the coupon below.

**Protect your health with a radon-gas-detection kit. A GIFT for your contribution.**



## *The Saturday Evening Post Society*

P.O. Box 567, Indianapolis, IN 46206

Yes, I want to test my home for radon. I am enclosing my donation to medical research for

☐ Cancer prevention ☐ Heart disease ☐ AIDS and its prevention

My donation: $5 ____ $10 ____ $15 ____ Other ____

☐ Check or money order enclosed. Charge to: ☐ VISA ☐ MasterCard

Card no. ____ Exp. date ____

Signature ____

Name ____

Address ____

City ____ State ____ Zip ____

Allow 4 weeks for delivery. © SEP 1988 JA8

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HEARTBEAT

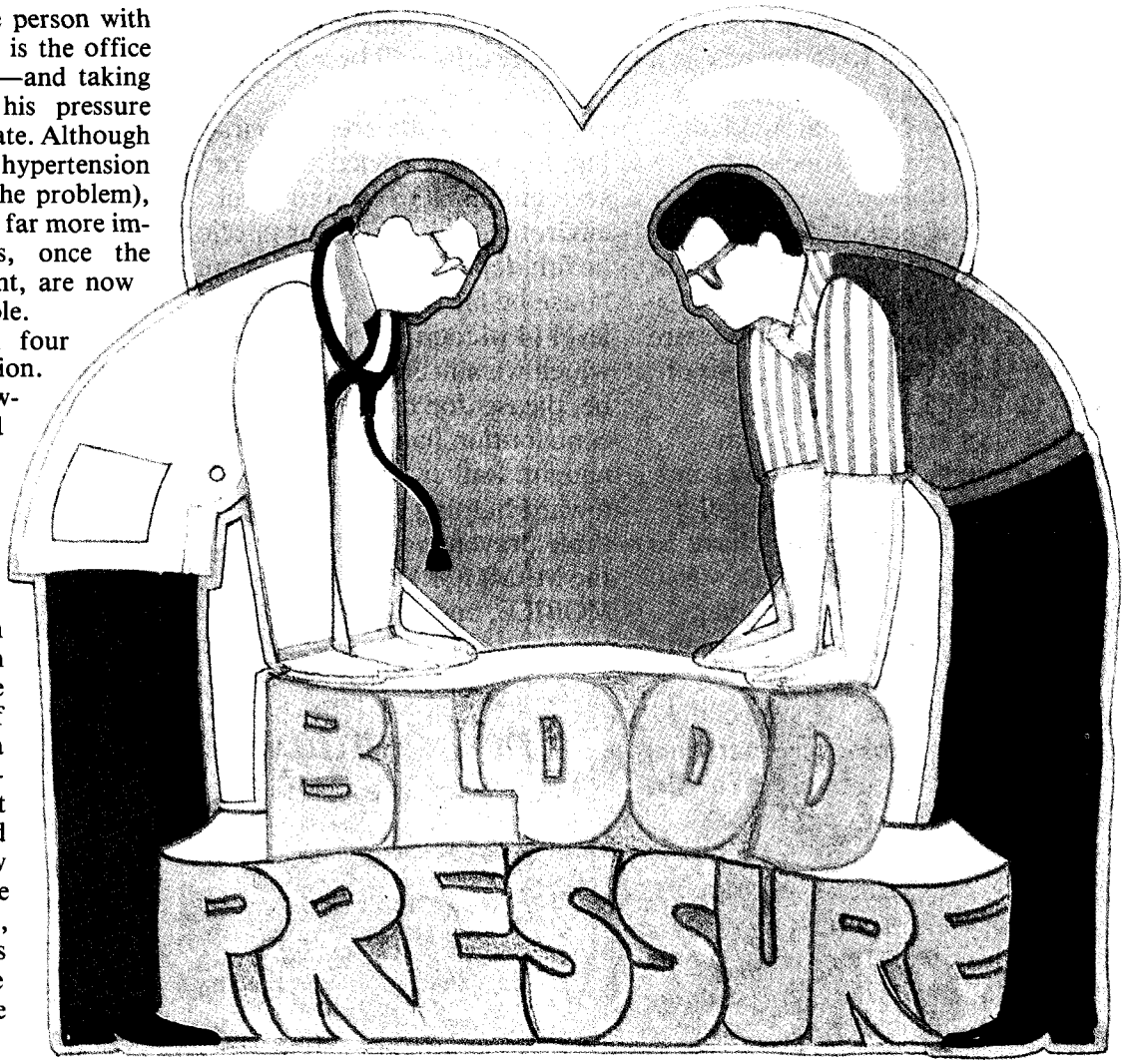
The Healthy Heart Report

# NEW WAYS TO CONTROL BLOOD PRESSURE

*The revolution in treatment begins with improved methods of monitoring, new drugs, and therapy tailored for individual problems.*

## by Diana Benzaia

*Illustrated by Marcus Hamilton*




If your image of the person with high blood pressure is the office manager throwing a fit—and taking "water pills" to get his pressure down—you need an update. Although stress can play a role in hypertension (the medical name for the problem), physiological factors are far more important. And diuretics, once the mainstay of its treatment, are now playing a much lesser role.

As many as one in four Americans has hypertension. Many don't know it, however, because high blood pressure generally causes no symptoms until its complications—strokes, heart attacks, and kidney failures—occur.

The treatment of high blood pressure has been revolutionized. A mere generation ago, many of its victims developed a rapidly progressive condition called malignant hypertension, which led to death within a few years due to heart failure or kidney failure. Today, such extreme illness is very uncommon because effective treatments have been developed.

Only a decade ago, so-called "stepped care" invariably began with diuretics, which cause the body to rid itself of excess fluid, thereby reducing blood volume and pressure. If the initial response was inadequate, other drugs were added, and unpleasant side effects became more likely. Today, with better understanding of the mechanisms underlying hypertension—and the development of new drugs—treatment is more likely to be tailored to the individual.

However, hypertension is one of the growing number of illnesses in which the physician cannot do it all alone. For the best results, you must be a partner in your care, by making daily changes in lifestyle that affect blood pressure as well as by taking prescribed medication, if needed.

### Understanding Pressure

As blood circulates through the

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

arteries and veins of your body, it exerts pressure against the walls of the vessels. The degree of that pressure has traditionally been measured with an inflatable cuff attached to a sphygmomanometer, which relies on levels of mercury—as in a thermometer—and the sounds of blood flow, monitored with a stethoscope, to get a reading. However, some of the newer equipment (designed especially for at-home use) dispenses with the external stethoscope and instead has internal listening devices to check the pressure level, which is digitally displayed.

The reading gives two numbers: the systolic pressure—the pressure of the blood flow when the heart beats—and the diastolic pressure—the pressure in between heartbeats. This is expressed as 120/80 millimeters of mercury (mm Hg) for a normal pressure.

### Normal Variations

"The immediate direct influences that affect pressure are the flow of blood, which is created by the strength of the beat of the heart, and the peripheral resistance generated by the walls of the blood vessels," explains Joseph Izzo, Jr., M.D., the director of the hypertension service at the University of Rochester School of Medicine and Dentistry.

A wide range of normal fluctuations occurs in blood pressure as dynamic mechanisms at work in the body balance each other. For example, just the time of day affects pressure. It's usually highest in the morning, lower in the afternoon, and very low during sleep. These changes can vary from 140/80 down to 50/20 in a normal person.

Posture also affects pressure, which tends to drop slightly as you sit up or stand. Faintness upon standing (orthostatic hypotension) may be a symptom of very low pressure, which always has symptoms. "In young people, low pressure may result from excessive dieting and sodium depletion, which is easily corrected by diet modification," Dr. Izzo explains. "In older people, postural low pressure may be due to certain drugs—including some of those used to treat high pressure—or impaired flow of blood from the legs back up to the heart and warrants medical treatment of the underlying disease."

Age is another factor. Even very low pressures of 80/50 may be normal in teenage girls. By the 20s, a pattern should begin to be fixed. Systolic pressure is more changeable, and it tends to rise with age—in the 50s and thereafter as the vessels become elastic—but diastolic pressure should not change with age.

Other factors also cause normal fluctuations:

- Exercise sends the diastole down and the systole up, reflecting the increased work of the heart; sexual intercourse, a normal cardiovascular stress, can send the systole up to 200.
- Eating and drinking produce temporary changes similar to those produced by exercise.
- Gender leads to higher pressures in men than in women, a phenomenon associated with muscle mass.
- Normal pregnancy may lead pressure to drop. While the heart pumps more blood, the blood vessels tend to relax, another example of how body mechanisms change to meet changing physical needs. (If pressure goes up during pregnancy, it signals something is amiss, such as toxemia, and prompt medical attention is needed. If you are hypertensive, yours will be considered a high-risk pregnancy because high pressure may interfere with blood flow to the uterus.)

### Why Pressure Soars

Medical science fully understands the cause of only about 10 percent of all cases of high blood pressure. In these instances, it is a symptom of some underlying problem, and this *secondary* hypertension disappears when the cause is treated. "In young people, the most common cause is fibromuscular hyperplasia, an irregularity in the muscle wall of the blood vessel in the kidney," Dr. Izzo

### *How to Lower Sodium Intake*

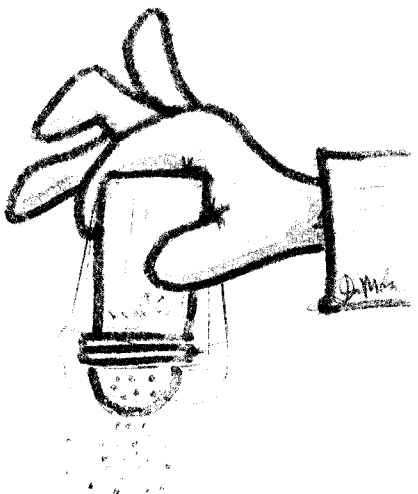
Current estimates are that most Americans consume from 10 to 24 grams of salt daily. (A teaspoon equals about 5 grams.) Where you live can affect your salt habits; Midwesterners are at the high end and Northeasterners are at the low end of that range. Yet the U.S. Dietary Goals recommend that Americans cut back to 5 grams daily. Those with salt-sensitive hypertension may need to reduce their intake even further.

If you decide to cut your salt intake, be prepared for new taste sensations. You will need at least three to six months to become accustomed to the real taste of food coming to you without salt enhancement.

► Stop salting food during cooking or at the table. Pass up seasoning mixtures heavily laced with salt, including such liquid taste-enhancers as soy sauce. Instead, get creative with herbs and spices.

► Avoid salt-loaded, smoked, and pickled foods and snacks, such as potato chips and pretzels.

► Cut down on your use of canned vegetables, unless they are the new "no salt added" brands. This is especially important for tomatoes, tomato sauce, tomato paste, tomato juice, and ketchup—all traditionally high in sodium. If you use standard canned vegetables, cut the salt content by rinsing them with tap water.



► Use more fresh foods or frozen products, less apt to have salt added.

► Read labels of all packaged foods to be aware of sources of sodium, including monosodium glutamate (MSG), brine, baking soda, and baking powder.

► Substitute beef for high-salt pork in recipes, and shop for low-salt cheeses.

► Keep visits to fast-food burger and chicken outlets to a minimum; their food tends to be very high in sodium.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

explains. Treatment once meant major abdominal surgery to bypass or repair the vessel, but a new technique called balloon dilatation has made treatment far easier. A catheter with a balloon tip is inserted into the artery and threaded into position under X-ray fluoroscopy. "The balloon is inflated, stretching the artery, which solves the problem in four out of five cases," he says.

In older people, the most common cause of high blood pressure is atherosclerosis, a building up of plaque material on the walls of the arteries in the area around the heart. A diet with severe restrictions on fat and animal protein—and a regular exercise regimen—may stop, or sometimes even reverse, the process. In other cases, balloon dilatation may be tried. For many, bypass surgery to replace the damaged vessels is needed.

The vast majority of high blood pressure, however, is called essential, or primary, hypertension. "There is a variety of mechanisms that put the squeeze on blood vessels and make the heart pump which we do not fully understand," Dr. Izzo admits. For example, the hormones renin and angiotensin work together to constrict blood vessels, cause the kidneys to retain fluid, and thus increase blood pressure. Activities of the sympathetic nervous system and fluid volume also interact. "These systems all have feedback built into them and work together. Medications to lower pressure affect one or more mechanisms in the system," Dr. Izzo says.

What physicians do know is that not all hypertensives are alike. Many doctors believe that the disease is triggered by high renin activity for about 30 percent of hypertensives, particularly young adults. For another 30 percent, excess salt may be the problem. For others, it may be some combination of the two, or some other source—such as neurogenic factors (central-

## DRUGS USED TO TREAT HIGH BLOOD PRESSURE

| Drug Type | Generic Names | Brand Names *Costs | **Side Effects | Comments |
|---|---|---|---|---|
| *First-Line Choices* | | | | |
| Diuretic | Chlorthalidone<br>Chlorothiazide | Hygroton<br>Diuril<br>8-40¢ | Impotence, lightheadedness, GI upsets, electrolyte imbalances, worsening of diabetes control. | May increase cholesterol levels. Use with caution in those with kidney disease. |
| Beta blocker | Propranalol<br>Nadolol | Inderal<br>Corgard<br>30-60¢ | Impotence, dizziness, drowsiness, nausea, constipation, depression, sleep disturbances, slowed heart rate, and rhythm disturbances. | May increase cholesterol levels. Should not be used by those with asthma, congestive heart failure, diabetes, heart-rhythm abnormalities; good for angina. |
| ACE inhibitor | Captopril<br>Enalapril | Capoten<br>Vasotec<br>90¢-$1 | Peculiar itchy rashes, loss of taste or change in taste sensation, abnormal heart rhythms and blood-test results, protein in urine. | Use with caution in those with kidney disease. Should not be used by those with autoimmune disease. |
| Calcium channel blocker | Nifedipine<br>Verapamil | Procardia<br>Calan<br>$1-$1.50 | Constipation, headache, nausea, fatigue, dizziness; some slowing of heart beat with verapamil. | Also helps angina. Should not be used by those with certain heart disorders. |
| *Second-Line Choices* | | | | |
| Peripheral vasodilating alpha blocker | Prazosin | Minipress<br>50¢ | Impotence, dizziness, headache, drowsiness, palpitations, nausea, lightheadedness, orthostatic hypotension, depression. | Caution must be used with first dose, which may cause severe drop in pressure. |
| Central-acting alpha blocker | Methyldopa<br>Clonidine<br>Guanabenz | Aldomet<br>Catapres<br>Wytensin<br>30-80¢ | Impotence, depression, constipation, dry mouth, drowsiness, nightmares, dizziness, orthostatic hypotension. | Severe rebound hypertension may occur if clonidine is stopped suddenly. |

*Costs = Wholesale cost to pharmacist for daily dose.
**Side Effects = Common adverse reactions; do not occur in all users.

Prepared in consultation with Ralph Manchester, M.D., University of Rochester School of Medicine and Dentistry

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

nervous-system signals that affect blood vessels) or arteriolar dysfunction (constriction of tiny terminal twigs of the artery that end in capillaries). As these categories become better defined, it is becoming possible to tailor treatment recommendations to the individual's specific problem.

### Diagnosing Hypertension

"We're very concerned about under- and over-diagnosis of the real hypertensive," warns Lawrence Krakoff, M.D., the chief of the division of hypertension at the Mount Sinai Medical Center in New York. The problem: inaccuracy of the occasional pressure reading. "Most of the time, the reading in the doctor's office is on the high side, with the person's average daily pressures being lower," he explains. "In contrast, some people have higher average pressures than those in the office."

The solution: ambulatory blood-pressure monitoring, which about 40 medical centers around the country are using. This new technology involves a portable system, about the size of a Walkman, attached to a blood-pressure cuff. You wear it for 24 hours, during which it automatically takes repeated readings. "When we use this for the mild hypertensive, who has had at least one diastolic reading over 90 in the doctor's office, nearly 50 percent turn out to have average daily pressures far lower," Dr. Krakoff reports.

If ambulatory-blood-pressure monitoring hasn't come to your area yet, you will need repeated testing with a sphygmomanometer—or accurate at-home equipment—to be confident of your real pressure levels. "Don't trust street-corner testing or, worse, the 50¢ gadgets now found in some airports and drugstores. These machines are very unstandardized and can yield both high and low errors," Dr. Krakoff warns.

Most physicians now agree that any *one* reading should not be considered diagnostic of hypertension. Rather, they advise surveillance with repeated readings—in sitting, standing, and prone positions—over a period of weeks or months before instituting treatment.

What's considered high? Traditionally, people thought of normal as 120/80, and physicians arbitrarily defined 140/90 as high blood pressure, based on studies showing the increased likelihood of severe illness above that measure. Today, doctors tend to stratify pressure, based on the recommendations of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure.

- *Borderline* high blood pressure is defined as diastolic pressure between 85 and 89.
- *Mild* high blood pressure is diastolic pressure between 90 and 104.
- *Moderate* high blood pressure is diastolic pressure between 105 and 114.
- *Severe* high blood pressure is diastolic pressure 115 or higher.
- *Isolated systolic* hypertension is systolic pressure greater than 160 in those whose diastolic pressure is less than 90.

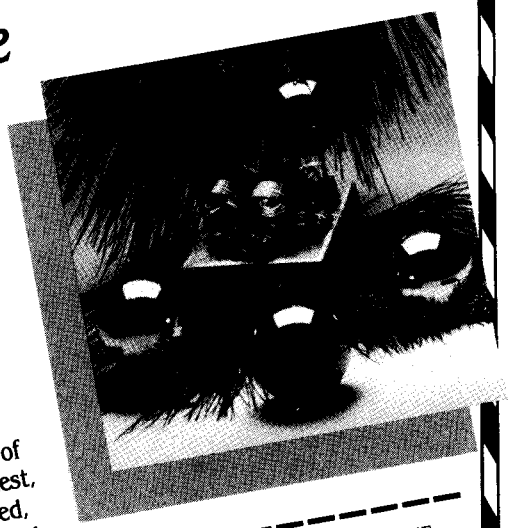
These guidelines are used to decide when and how aggressively to treat hypertension, but not all physicians agree with them. For example, some would define "mild" as diastolic pressures in the 90s and start the "moderate" category at 100. Others would include diastolic pressures from 115 to as high as 149 in the "moderate" category and only start the "severe" at 150.

The decision on when to start therapy—and how—has oscillated through the years. Historically, any indication of pressure readings above normal triggered medical therapy. Then, as lifestyle changes were shown to help lower blood pressure—and as the negative side effects of the drugs then commonly used became better known—so-called behavioral therapy became the vogue for both borderline and mild hypertension. Now, a greater range of available drugs seems to be swinging the pendulum again toward early medical treatment for mild hypertension.

"A borderline reading calls for attention, evaluating the individual for other risk factors, and instituting lifestyle changes, such as weight reduction if needed, rather than rushing in with medication," Dr. Krakoff says.

Backing him up is extensive research suggesting that drug treatment

The Christmas Tree Ornament That Protects!



Every year Christmas tree fires damage and destroy thousands of homes. The Christmas Tree Smoke Alarm can help prevent potential hazard. Nestled near the top of the family tree, this decorative Christmas tree ornament sounds its alarm at the first whiff of smoke. It features a push-button test, low battery signal, and comes in red, green, gold, or silver. Battery included.

8E

Mail to: Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206
Please send me _____ Christmas Tree Smoke Alarm(s) at $16.95 each plus $2.00 each for postage and handling. (Please allow 4-6 weeks for delivery. Indiana residents add 5% sales tax.)
☐ Check or money order enclosed ☐ VISA ☐ MasterCard Exp. date_____ Color: ☐red ☐green ☐gold ☐silver
Card No. _____
Signature _____
Name _____ Address _____ City _____ State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

for borderline and even mild hypertension in those under age 50 may be overrated. Indeed, a recent 12-year study at the University of Goteberg, Sweden, found that, for middle-aged hypertensive men under treatment, further reduction of blood pressure below about 150/85 had no additional benefit in preventing cardiovascular disease.

When lifestyle change is recommended, here's what the doctor expects you to do:

• Lose weight—Obesity increases stress on the heart and has a direct effect on raising blood pressure. Getting close to your ideal weight, with no other change, may return pressure to normal.

• Exercise regularly—"Regular exercise conditions the heart so it pumps more blood per contraction, works more efficiently, and helps lower pressure," Dr. Izzo says. You need aerobic training—such as a vigorous half-hour of walking, running, swimming, or biking—three to four times a week.

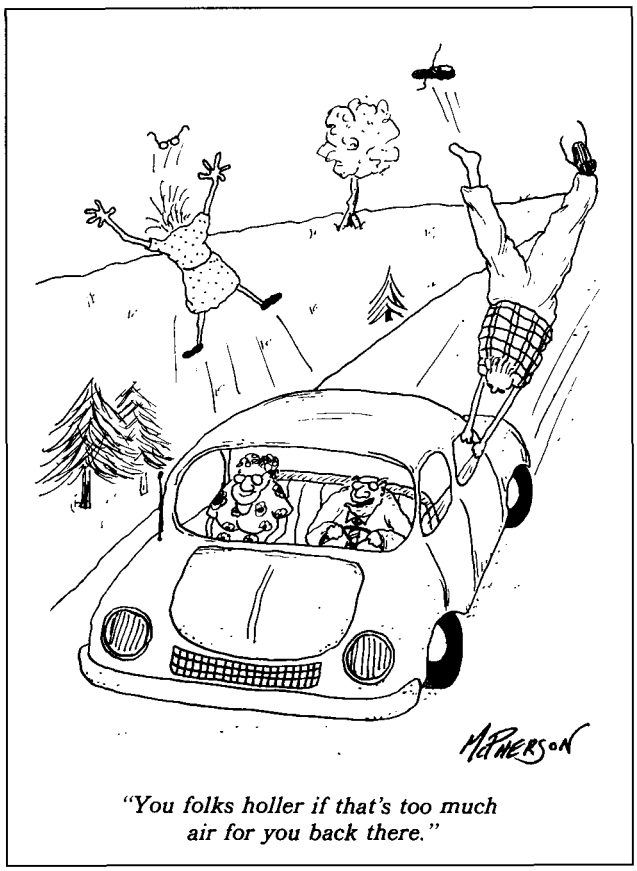
• Cut down on sodium—Salt, or sodium chloride, affects fluid volume in the body. Cutting back on salt can reduce fluid volume and help lower pressure [see "how-to" box].

• Get adequate calcium—Studies have shown that some people with hypertension are calcium deficient. Supplements may help lower pressure. Although it's best to get your recommended daily allowance of calcium through a balanced diet—including milk products—supplementation with tablets may be necessary for some people.

• Quit smoking—Nicotine raises systolic and diastolic pressures; quitting can drop pressure by ten points.

• Avoid excessive coffee and alcohol—Both contribute to increasing pressure. Your maximum should be no more than two drinks of either daily. Again, cutting back on these stimulants can lead to a ten-point drop in diastolic pressure.

• Use other drugs with caution—Birth-control pills can cause high blood pressure in some women. Switching to a prescription with a lower dosage may solve the problem, but in other cases, a different form of contraception may be needed. Over-the-counter diet pills containing phenylpropanolamine (PPA) also have chemicals that can raise pressure. Be sure to have your pressure checked within the first few weeks of using either of these drugs—and to ask if any new drug prescribed for you could affect blood pressure. Another pressure raiser is cocaine, which has been associated with strokes—another reason for steering clear of it.




*"You folks holler if that's too much air for you back there."*

• Cut back on fat intake—Studies have shown that diets low in total fat and high in the ratio of unsaturated to saturated fats can help reduce blood pressure. Olive oil, a monounsaturated fat, may have particular value in lowering systolic pressure.

• Avoid stress—Anxiety does not affect blood pressure, but frustration and anger do. "It appears that suppressing emotion sends pressure up, but venting it by laughing or crying helps it go down," Dr. Izzo explains.

• Learn to relax—Relaxation therapy—through biofeedback, hypnosis, and other techniques—can help you learn to lower your pressure. Initially, the minute you stop doing it, the pressure goes back up. The hoped-for spin-off is that people will learn their own response patterns, be able to sense frustration, and intervene regularly to break the cycle and stop the pressure rises. Another possible relaxation "tool": get a pet. Not only do people with pets have lower pressure, but among those who have had a heart attack, people who go home to pets have a five-fold lower likelihood of dying in the next year than those who don't have pets.

• Have related risk factors treated—Diabetes and high cholesterol levels are the two most important ones. Both seem to impact independently on heart-disease risk as well as interact with blood-pressure levels.

### New Drug Choices

When lifestyle change is not sufficient to get your diastolic pressure under 90—or if it's repeatedly 110 or more at the outset—then the time has come for medication, in addition to behavioral therapy. But which of the more than 50 anti-hypertensive drugs now on the market should you begin with?

"The old stepped-care approach said that when blood pressure was high enough to treat, everyone was to be put on a diuretic first," explains Ralph A. Manchester, M.D., the medical chief of university health services at the University of Rochester School of Medicine and Dentistry. "Then, if further lowering was needed, even if [increased] diuretics gave no improvement, one of a second group of drugs was added—usually an anti-adrenergic medication [which slows the heart by blocking its stimulation by adrenaline and nerve impulses]. If that didn't work well enough, a third drug—usually a vasodilator, which decreases pressure by expanding the blood vessels—was added. But nothing ever got dropped off as something else was added."

In recent years, doctors have developed far greater flexibility as they

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

have learned which of the new drugs are most likely to work for which people. The choice of a first-line drug depends on the patient's age, race, gender, pressure level, and any coexisting risk factors, diseases, or allergies. Generally, these are today's first-line drug choices, according to such factors:

- Those who have high renin levels—and there's now a test to check for this problem—may respond dramatically to angiotensin converting enzyme (ACE) inhibitors, which lower renin activity, or to beta blockers. This group is most likely to be white males and females between the ages of 20 and 40.
- Those who have neurogenic hypertension may respond best to drugs that block central adrenergic [hormonal activity stimulated by stress] activity or to a combination of alpha- or beta-blocker drugs. These drugs block the heart's response to stimulation by the sympathetic nervous system. By regulating nerve impulses through the heart, they reduce its rate and oxygen requirements and, subsequently, blood pressure. Again, this group is likely to include young white males and females.
- Those who have salt-dependent hypertension—and a test for this is now under development—do best with the old diuretics, although usually at much lower dosages than were given in earlier years, thus lowering side effects. This group is most likely to include young blacks and people over 50, black or white.
- Those whose hypertension is due to arteriolar dysfunction (small-artery constriction) may need calcium-channel-blocking drugs that prevent the entry of calcium into vascular (blood-vessel) tissues. When calcium is outside vascular cells, it has a relaxing effect; inside, it constricts. This also tends to affect people over 50.

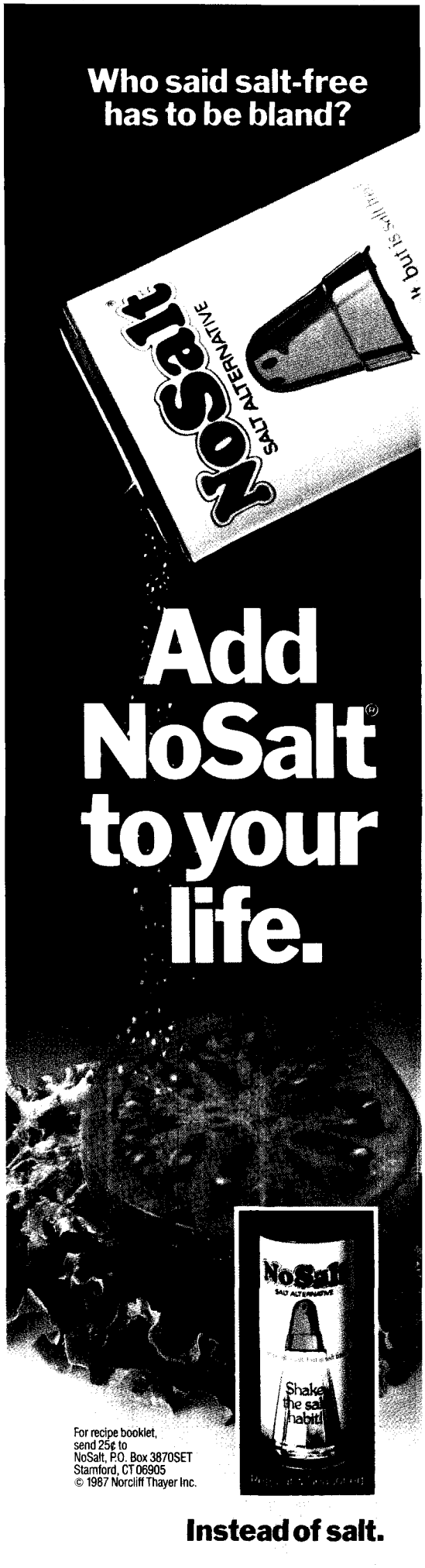
When the mechanism isn't clearly understood—or the patient doesn't fit one of the age-race categories—the physician must take other issues into consideration when choosing the first drug. For example, those who have angina will get double benefits from beta blockers. But those who have asthma or who are very athletic should avoid these drugs because beta blockers decrease maximum cardiac (heart) output. Further, people who have high cholesterol levels will do better with ACE inhibitors or some alpha blockers than with diuretics or beta blockers, which can further increase those levels. Also likely to affect physician decisions are results of a recent study showing that metroprolol, a beta blocker, was significantly more effective in preventing cardiovascular deaths in middle-aged hypertensive men than thiazide diuretics were—even when the same degree of pressure lowering was achieved.

When a first-line drug doesn't provide sufficient pressure lowering—or if it yields intolerable side effects—it is dropped, and another drug may be substituted, rather than added. Or if other first-line drugs are contraindicated, one of the second-line drugs may be tried alone or in combination with the first [see box].

"The newer drugs not only point out that high blood pressure is a complex phenomenon, but give us the opportunity to provide the patient with a more specific drug or combination of drugs to treat their underlying problem," Dr. Krakoff emphasizes.

The best news is that experience has now proved that lowering blood pressure does indeed help prevent cardiovascular disease. Hypertension need not pose the specter of gloom it once did, provided that treatment is prompt and effective. Indeed, in the past 15 years—since high-blood-pressure treatment was made a national priority—the death rate for strokes among Americans has declined by more than 50 percent.

The bottom line is that *all* adults should know their blood pressure levels—and have them checked every year. "Those who should be especially concerned—and have more frequent checks—are people who have a family history of high blood pressure or premature cardiovascular disease, such as heart attack or stroke, or diabetes or kidney disease," Dr. Krakoff says. He urges people not to wait for symptoms, because hypertension is a silent illness. "When symptoms occur, they are those of advanced cardiovascular disease, which can occur as early as five years after the development of high blood pressure," he says. But if you work diligently with your doctor to lower your blood pressure, such heart disease just doesn't have to happen.


Who said salt-free has to be bland?
NoSalt
SALT ALTERNATIVE
Add NoSalt® to your life.
NoSalt
SALT ALTERNATIVE
Shake the salt habit!
For recipe booklet, send 25¢ to NoSalt, P.O. Box 3870SET Stamford, CT 06905
© 1987 Norcliff Thayer Inc.
Instead of salt.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

## *Home Restorations*

*continued from page 87*

point in choosing contractors: insist on an insured firm, regardless of size, and get a coverage certificate from the broker.

• • •

Fortunately, the resources available to home-rescue fans have increased dramatically in the past few years. There are at least a baker's dozen books currently out on the subject, and more on the way. These include:

• Bob Vila's *This Old House Guide to Building and Remodeling Materials;*

• Al Carrell's *Superhandyman's Encyclopedia of Home Repair Hints;*

• Time-Life's *The Old House;*

• *Victorian Exterior Decoration,* by Roger W. Moss and Gail Caskey Winkler; and

• *The 18th-Century Houses of Williamsburg,* by Marcus Wiffen.

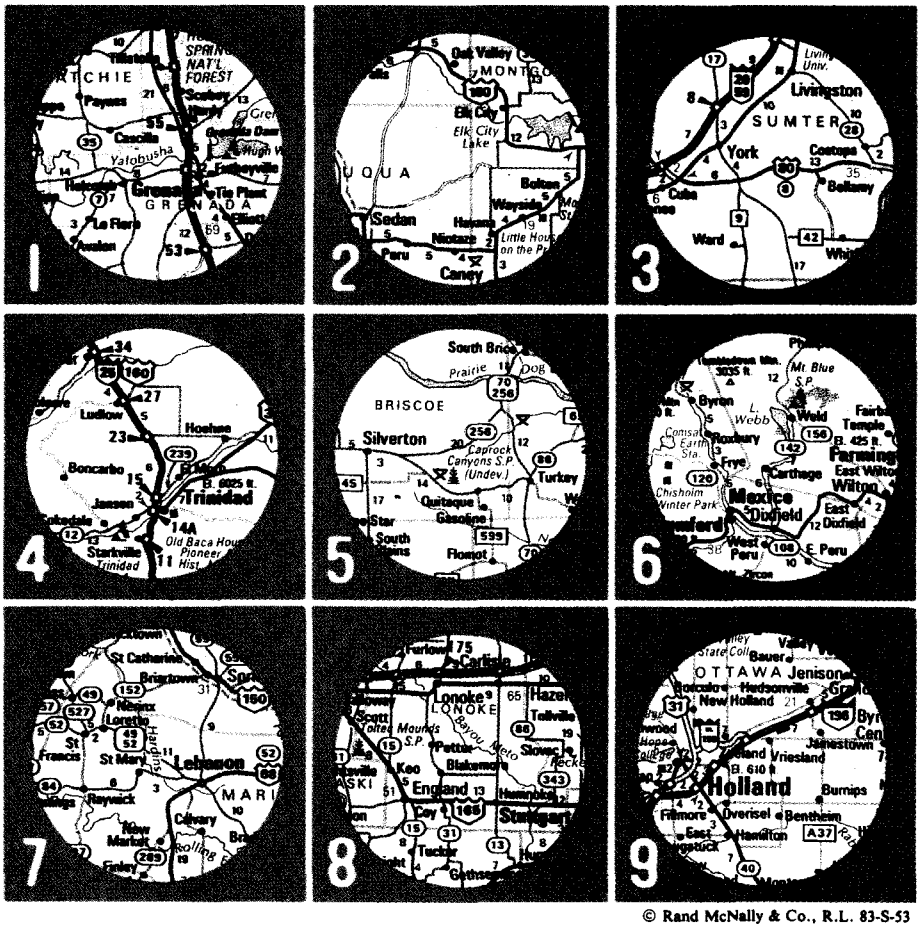
The National Trust for Historic Preservation is an excellent resource for anyone interested in home restoration. NTHP offers many useful publications, including *Historic Preservation*, published bimonthly. The myriad advertisers inside are an outstanding collection of hard-to-find pieces and services.

One specialty example is Bradbury & Bradbury, a Benicia, California, firm that offers silk-screened Victorian wallpaper, suitable for late-1800s restorations. Classic Accents, based in Southgate, Michigan, has recently marketed exact replicas of push-button light switches, replete with elaborate mother-of-pearl inserts and cover plates. These pieces, popular in the turn-of-the-century homes, were virtually impossible to find until just recently.

There are also more suppliers in this field now, handling hard-to-find lumber. Southern white pine, for example, can now be purchased in odd sizes to duplicate the original wood.

Certain types of new technology are also appearing on rehab sites. Some examples include air-powered nail guns for rapid heavy construction, water-heated flooring systems, and thermal windowpanes (when original pieces aren't used).

So today, thousands of families are embarking on missions of discovery within living spaces of yesteryear. Whether the front door is period fine-grain wood with antique hardware, or plywood tacked into place, these renovators really believe home is where the heart is.




© Rand McNally & Co., R.L. 83-S-53

### *Where do you think you are?*

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Where residents could be foreigners by name.) If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

*(Answers on page 111)*

## *Root Canal*

*continued from page 57*

cringing molar shell saying "cheese" on the flimsiest excuse.

Finally tiring of extirpating, the dentist livens things up by setting my tooth on fire. No kidding. Billows of smoke begin rolling out of my mouth. And in the midst of the conflagration I am reminded of the joke that got Pat Paulsen his job with the Smothers brothers: A workman at the Hershey plant, having fallen into a vat of chocolate, had the presence of mind to holler "Fire!" under the assumption that no one would come if he yelled "Chocolate!" My attempt to scream "Fire!" came out "Ffytsszel!"—to which nobody paid the slightest attention.

As the smoke finally cleared, my partly thawed ears caught the welcome words "That's all for today." Today? Oh yes, there would be three more appointments before dogs would quit following me because of wind whistling through my open gap.

"Don't chew on that side" were the dentist's cheerful parting words. Not that it mattered a whole lot. Even by dinnertime I couldn't tell which side was which. But I did get one break. In stir-frying the chicken oriental, my dear wife mistook a bottle of Breck shampoo for peanut oil. I didn't notice the difference.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# LISTEN

and we'll tell you how to lose 2 to 5 lbs. a week — Maybe you've discovered that most health and weight loss plans don't work — at least not for you — but one toll free call to *CAROL BOND HEALTH FOODS* and you can learn about one of the most effective, sensible plans in America. On the *CAROL BOND HEALTH PROGRAM* the average dieter loses 2 to 5 lbs. a week. That's a fact. With the *CAROL BOND HEALTH PROGRAM* most people feel a real difference within 48 hours. That too, is a fact. Here's your chance at last to feel good and lose weight. The *CAROL BOND HEALTH PROGRAM* works and the call is absolutely free.

**Each day we receive testimonies from our customers how the products they have purchased from *CAROL BOND HEALTH FOODS* have helped them towards a healthier way of life —the following are shared with you as an encouragement.**

...I purchased the Geri Hi, Dolomite and LPP tabs about 1½ weeks ago. You certainly have speedy service! In just a week's time I have lost 5 pounds. After the first few bites I'm full. The LPP's really amaze me. I don't eat in between meals anymore, I just don't get hungry, I don't get nervous and I feel great! They do everything you say they do. Thank you so very much.-..*Sharon - Lanett Alabama*

...Thank you so much. The products are wonderful. No diet to follow, but you lose weight! That's what I like about it no special food to buy, nothing to mix. It's wonderful...*Polly - Grand Prairie, Texas*

...I have lost 12 pounds in 16 days and I'm feeling the best I've felt in several years...*Ronald - Plano, Texas*

...I have always had a difficult time losing weight, but with your program it has been very easy for me. Even considering the fact I am on hormones which always caused me to retain fluid. With Geri Hi, Dolomite and LPP I find the fluid retention is gone and I feel good. I have not even gone by a special diet so I am very pleased with this. My relatives are noticing that I am losing which has been 10 pounds in less than a month ...*Rhonda - Fort Worth, Texas*

...I have lost 20 pounds in about 3 months effortlessly, I did not diet or increase my exercise. I'd like to say it was hard work, but it wasn't. No more low blood sugar, no more headaches . I really like the products...*Kathy - Irving, Texas*

...I have lost a total of 38 pounds in 2½ months. I used to sell Herbalife and I found your products very effective. I eat sensible and treat myself to whatever I want once a week...*Vanessa - Omaha, Nebraska*

...The first thing I noticed when I started the Geri Hi, Dolomite and LPP is more energy. My nails are stronger and I have lost inches off my hips, waist, arms and thighs. Plus I am not retaining as much water during my cycle...*Tina - Elgin, Illinois*

Carol Bond
HEALTH
FOODS

CALL TODAY:
**(800) 833-8282 US**
**(800) 833-8181 TX**
OR WRITE:
**904 N. MAIN, P.O. BOX 47, LIBERTY, TEXAS 77575**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# MEDICAL MAILBOX

## by Cory SerVaas M.D.

**It is better to light one small candle than to curse the darkness.**—*Chinese proverb*

### AIDS Patient Warns Others

If you are planning major surgery, Dorothy Polikoff has advice for you. Ask your doctor about predonating blood or about autologous intraoperative transfusion.

We applaud her courage in trying to prevent others from suffering her fate. She removed tissue to blot her eyes while telling her tragic story—its impact moved some in the audience to tears. "She reminded me of my grandmother," one said. Mrs. Polikoff has three grandchildren.

**Dorothy Polikoff, whose husband died from an AIDS-tainted blood transfusion, cried as she told the Presidential AIDS Commission that she unknowingly contracted AIDS from her husband. Her plea: don't let this unnecessary blood-transfusion AIDS happen to others. Be tested after homologous (others') blood and ask for autologous (your own) blood.**

Her story as she presented it to the AIDS commission:

"My name is Dorothy Polikoff. My husband, William Polikoff, was a World War II veteran. He survived the Bataan Death March and was a POW for 3½ years, but he did not survive AIDS. He died December 9, 1987. His death was unnecessary, and I will explain to you how his death from AIDS and my infection with the AIDS virus could have been avoided.

"I am 63 years old and was infected with the AIDS virus from my husband, who died several months ago from the complications of transfusion-related AIDS. He was transfused in 1984 during cardiac bypass surgery while under the care of the Veterans Administration Hospital in San Diego. His surgery was performed under their auspices at University Hospital in San Diego, where he received three units of blood. At that time, University Hospital had available the equipment to perform intraoperative transfusion, but it was not used for my husband. If this technique had been applied, he would not have needed to receive someone else's blood, and neither of us would have become infected.

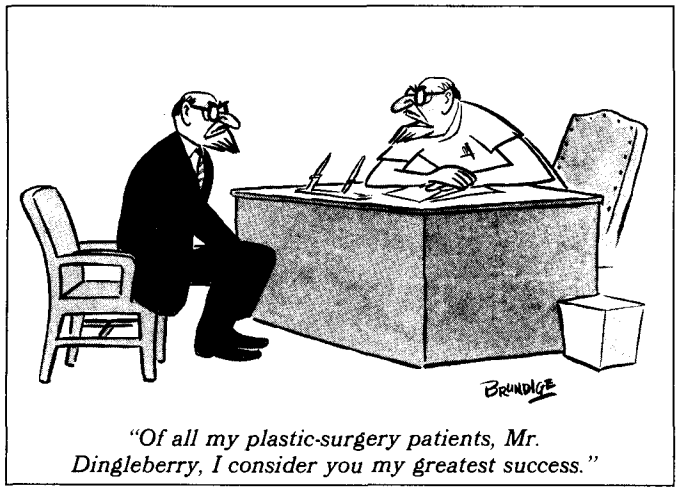
"Unfortunately, none of our doctors ever mentioned that there were alternatives to homologous transfusion. The possibility of AIDS infection was never discussed.

"My husband never fully recovered from that surgery, and at that time neither of us understood why. He was hospitalized on various occasions since then. In June of 1986, I became seriously ill and was diagnosed as having hepatitis B. Bill was tested two days later and was told he was a carrier. I spent the rest of that year fighting for my survival, still unaware that both of us were infected with the AIDS virus.

"A few months after my release from the hospital, after reading articles about AIDS being transmitted by blood transfusions, both Bill and I asked our doctors if we could be tested for AIDS. They told us that there was no need to worry or that it was not necessary, but neither of us was completely reassured.

"One day, we passed by a health fair that was distributing condoms and information about AIDS at the VA Hospital. They advised us to go to the county health department to be tested for the AIDS antibodies, which we did on March 12, 1987. In the meantime, Bill had developed a tender lump under his arm and had gone to the VA emergency room, where he was treated with antibiotics. Since the lump did not disappear, he was scheduled for a biopsy on April 2, which coincidentally was the same day we were scheduled to return to the health department to learn about our AIDS-antibody test results. On the day that Bill was admitted for his biopsy, we learned from the health department that we had both tested positive for the AIDS virus. We brought the slips to our doctor and told him the results. We were both upset. I was almost hysterical. I couldn't believe what I was hearing, and Bill was furious.

"Not only had the doctors at the VA hospital refused to test us for the AIDS infection when we requested it, but




*"Of all my plastic-surgery patients, Mr. Dingleberry, I consider you my greatest success."*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# "ATTENDS® GIVES ME BETTER LEAKAGE PROTECTION THAN ANY OTHER UNDERGARMENT."

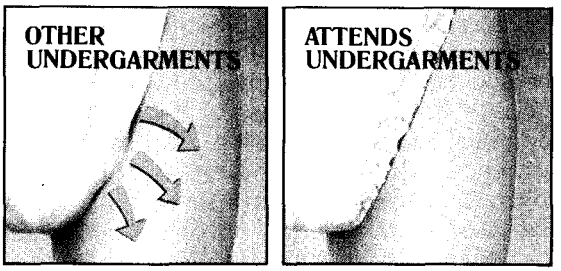
*"I used to make a lot fewer calls, because I doubted my protection. But now I've found the undergarment that protects best..."*

**Literally millions of men and women have problems with bladder control.** And too often, the fear of having an accident in public keeps them from doing what they'd like. It shouldn't. The protection of Attends Undergarments is so advanced, it helps do away with your doubts.

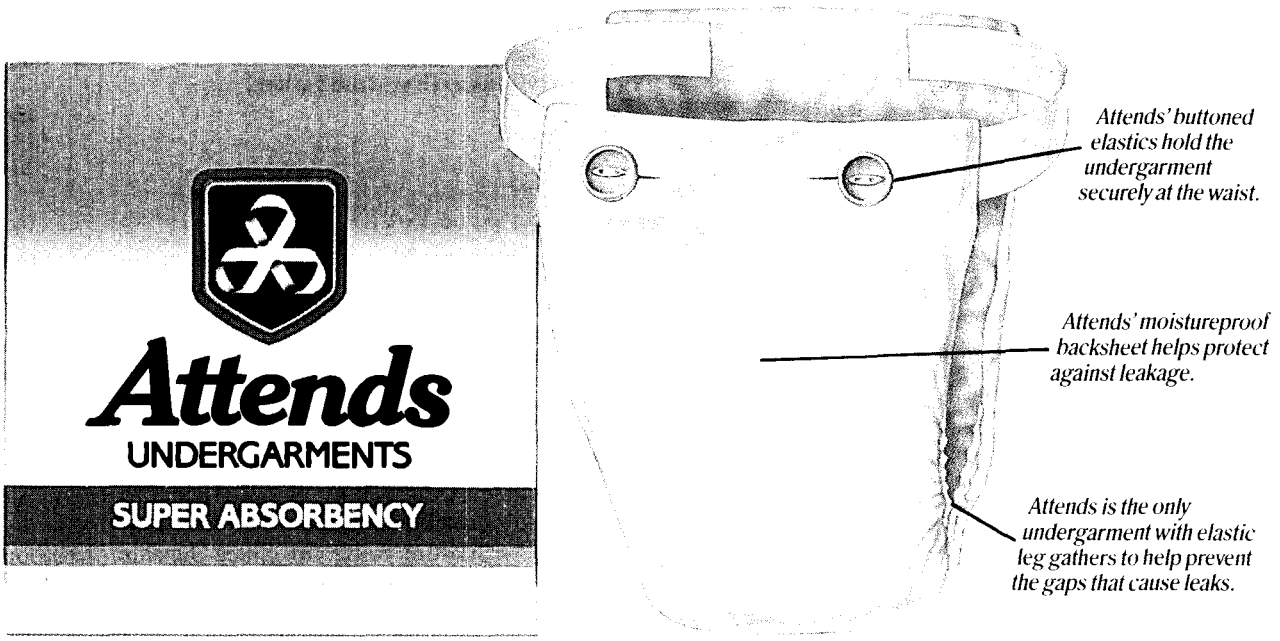
**What are Attends Undergarments?** They're absorbent, disposable, uniquely designed to protect men and women with moderate bladder control problems. And in Super and Regular absorbencies, Attends lets you choose the amount of protection you need.

**How does Attends protect against leakage so much better than any other undergarment?** In two ways: 1. Only Attends has elastic leg gathers to keep its highly absorbent material *close* to your body. 2. Attends' absorbent layer retains many times its weight in moisture. **Attends is designed to give you the best undergarment protection there is.** And to let you get on with your life.

*For more severe bladder control problems, try Attends Briefs.*




*Other undergarments can gap and cause leakage. But with its elastic leg gathers, Attends protects better against accidents.*


Attends
UNDERGARMENTS
SUPER ABSORBENCY
Attends' buttoned elastics hold the undergarment securely at the waist.
Attends' moistureproof backsheet helps protect against leakage.
Attends is the only undergarment with elastic leg gathers to help prevent the gaps that cause leaks.

**FOR PROTECTION YOU CAN LIVE WITH.**

©1988 P&G

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

they made the diagnosis even more upsetting by implying that I had been unfaithful rather than acknowledging that the transfusion was responsible for both of us having hepatitis B and AIDS. The doctors later apologized for these remarks.

"Bill got sicker and sicker. His disease progressed rapidly, and during the last months of his life, there was extensive central-nervous-system involvement, resulting in AIDS dementia—a very difficult death.

"I have symptoms now and the disease frightens me, but what frightens me even more is how I will manage when I get sick and need medical treatment. I will not receive care for AIDS from the Veterans Administration unless I pay for it, even though I have this disease as a result of the treatment my husband received through the VA. He became infected through transfusion, but my infection could have been prevented if any of the many doctors we saw had cautioned us not to have sex. As we became aware of the possibility of AIDS through the media, we stopped having sex, but by then it was too late. As it was, we had sex infrequently, perhaps five times after his transfusion. It would not have been a great deal to give up had we only known.

"Although nothing can be done to bring my husband back to life or to restore my health, I hope our experience doesn't go to waste and can be used to prevent situations like this from ever having to happen again. That is why I am telling our story. There are things to be learned from our experience. The whole unnecessary tragedy could have been avoided if intraoperative transfusion had been used instead of homologous blood. I feel that we should have been tested as early as possible after the transfusion was given and advised not to have sex until the results were known. This would not have saved Bill's life but could have saved mine. Instead, no one would deal with the issue, and we had to make the diagnosis by ourselves.

"Because the Veterans Administration will not take financial responsibility for my medical care, my resources will eventually be exhausted as this disease runs its course. Without help, I will die indigent and without proper medical care under circumstances that seem to me worse even than the disease itself. My fear of this robs my peace of mind and drains my strength. I try to be strong and face this disease with courage and determination, but I am haunted by remembering how my husband died and live in dread of the same fate for myself. I hope you will take steps to prevent this from happening to anyone else."

Anyone wishing to reach Mrs. Polikoff may do so by writing to her c/o *The Saturday Evening Post*.

*"This is recommended by four out of five commercials."*

### Traveling Toothpick

**Dear Dr. SerVaas:**

**We thought you might be interested in hearing about my husband's "high-fiber diet"—a large round wooden toothpick.**

**I imagine medical history is full of people who suffered various results from swallowing toothpicks, but I don't believe many of them have reappeared in the leg!**

**The toothpick was removed on March 11 by Dr. Charles Schafer. It had exited the colon through a diverticulitis pocket that had herniated into the hole in the pelvic bone (where the nerve leads to the thigh).**

**It was lying on the femur next to the nerve. This has left a large open wound which we change bandages on three times a day after flushing out with water. Fortunately, as a biology teacher I'm not squeamish!**

**Dr. Schafer plans to write this up for a medical journal as he first spotted this toothpick last fall while doing a colonoscopy for removal of polyps. At that time it was wedged tight across the colon, and his biopsy tool wasn't heavy enough to loosen it.**

**A few days later he set up the video camera to remove it with another tool only to find it was gone! Naturally, we thought it had passed rectally, and none of the many doctors ever thought my husband's continuing abdominal and leg pains were due to a toothpick.**

**There are a lot more strange details to the toothpick story, but I won't elaborate. (This is almost like hauling out the pictures of the grandchildren to display to the stranger in the elevator.)**

**If you are interested in this, you could contact Dr. Schafer. He was as excited about finding that toothpick again as a first-time father!**

*Helen Boertje*
**Pella, Iowa**

### Bad Eggs

**Dear Dr. SerVaas:**

**How long do you have to cook eggs to be sure there isn't any salmonella food poisoning in them? We heard there was an outbreak, and we live in the Northeast.**

*Janice Wilson*
**Boston, Massachusetts**

One study has suggested that boiling for at least seven minutes, poaching for five minutes, or frying on each side for at least three minutes is sufficient to kill the salmonella. It isn't possible to ensure there's no salmonella if you prefer your eggs sunny-side up. Since the salmonella outbreak in the Northeast, we haven't been ordering Caesar salad, because it's made with raw egg whites. Other foods to avoid if you are concerned about salmonella are ice creams, hollandaise sauces, eggnogs, and pies with meringue.

The Centers for Disease Control isn't sure why there has

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

been an outbreak of salmonella in the Northeast. Eggs are suspect (even clean grade A), but not for all the salmonella in the outbreak.

### Retin-A: Its Promise and Pitfalls

The topically applied drug Retin-A is one of the most talked-about developments in the war on aging. Approved by the FDA in 1971 for the treatment of acne, it was recently found to be effective in reducing age spots and wrinkling caused by overexposure to the sun. Not everyone, however, should be using it, and those who choose to should do so only under the care of a dermatologist.

Retin-A is a substrate of vitamin A. Its exact mode of operation is not known, but it is able to effect changes through the two layers of the skin. It is believed that Retin-A stimulates the growth of new collagen in the papillary dermis layer. The epidermis above it thickens slightly, and it accelerates the sloughing of the outer dead cells. Moreover, capillary blood vessels in the treated areas dilate and new ones are formed, thus giving the skin a rosy appearance. This renewed vigor of the skin helps fade age spots, fill out small wrinkles, and smooth the skin's texture.

Results may begin to appear within a month, and the skin may continue to improve for one to two years. Retin-A's renewing action is more effective on fine wrinkles than on deep lines.

Qualified medical supervision is important because overuse of the drug can cause redness, swelling, and even blistering of the skin. Heightened sensitivity to certain cosmetics and to the ultraviolet rays of the sun is a complication that needs to be considered. It is stressed that Retin-A is *not* a sunscreen and does not prevent sunburn. In fact, exposure to the sun should be avoided; it can be minimized by the use of sunscreens. As the skin becomes more sensitive to drying, proper use of soaps and moisturizers is also necessary. The adverse effects of Retin-A, however, have been reversible upon discontinuation of therapy.

Avoid using someone else's supply of Retin-A, because usage levels that can be safely tolerated vary widely from person to person. Women who are considering pregnancy or who are nursing should avoid using this drug because pregnancy studies have not yet been done to determine its safety.

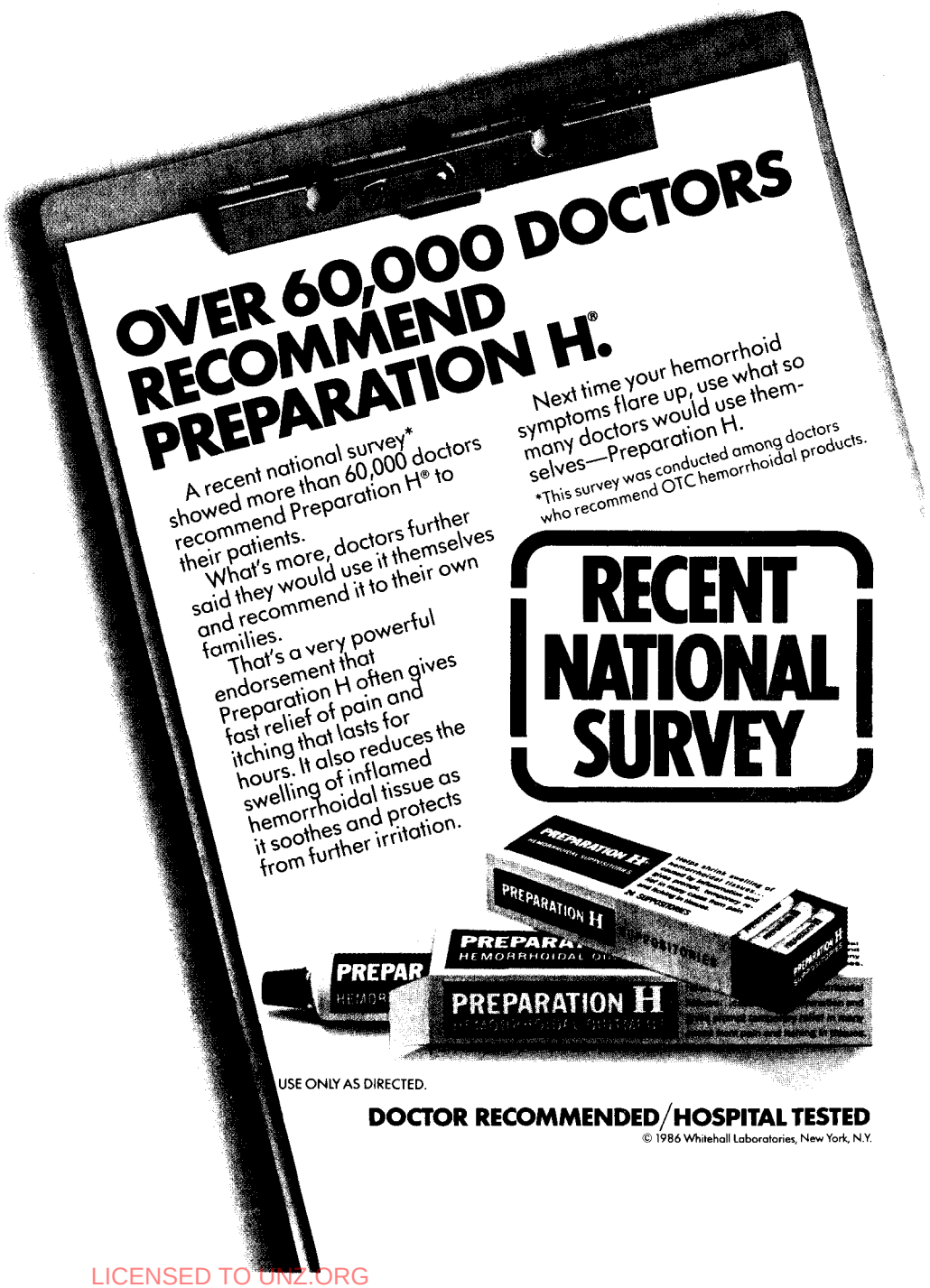
Remember, many wrinkles and age spots can be avoided simply by protecting yourself from too much sunlight.

### Answering the Call

**Dear Dr. SerVaas:**

**When I phoned the AIDS hotline for specific answers about AIDS, they told me that they did not have the information I wanted and referred me to my local county health department, who didn't know the answers either. I then tried state health officials and in desperation called the National Healthline in D.C., and they didn't know! So I wrote to CDC in Atlanta, and they either ignored or circular-filed my letter. All that took about three months.**

**While reading *The Saturday Evening Post*, I noticed that a) there have been many articles about AIDS over the past year, and b) that you are indeed a medical society. I**


OVER 60,000 DOCTORS RECOMMEND PREPARATION H.®
A recent national survey* showed more than 60,000 doctors recommend Preparation H® to their patients.
What's more, doctors further said they would use it themselves and recommend it to their own families.
That's a very powerful endorsement that Preparation H often gives fast relief of pain and itching that lasts for hours. It also reduces the swelling of inflamed hemorrhoidal tissue as it soothes and protects from further irritation.
Next time your hemorrhoid symptoms flare up, use what so many doctors would use themselves—Preparation H.
*This survey was conducted among doctors who recommend OTC hemorrhoidal products.
RECENT NATIONAL SURVEY
PREPARATION H
USE ONLY AS DIRECTED.
DOCTOR RECOMMENDED/HOSPITAL TESTED
© 1986 Whitehall Laboratories, New York, N.Y.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**phoned and was immediately put through to a counselor who answered all my questions in laymen's language (which I deeply appreciated).**

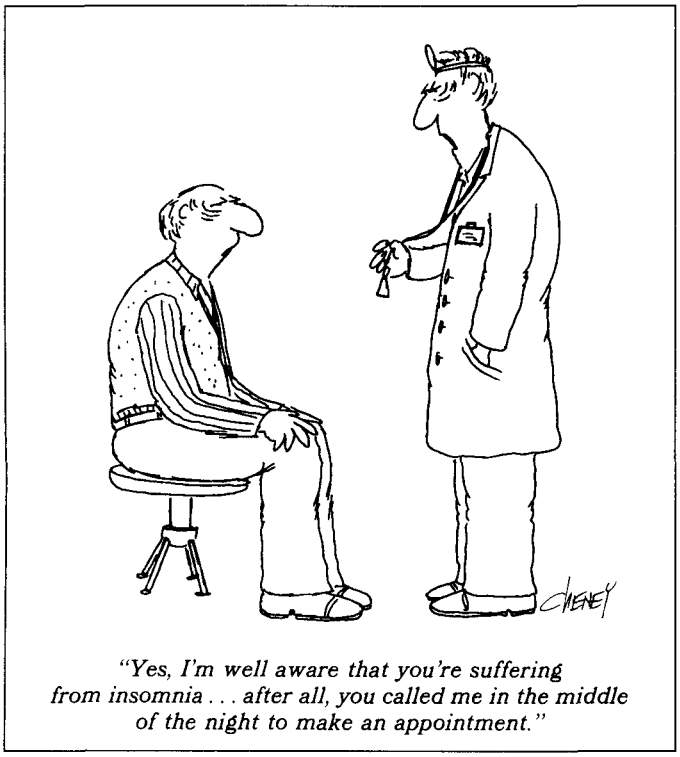
**It occurs to me that the questions I was asking are those things that housewives all across the United States need to ask in order to deal with the AIDS problem. Questions about transmission of AIDS through swimming with those who are infected. Questions about the temperatures and mediums necessary for the virus to live. How you kill the AIDS virus, etc., etc., etc. And kissing and what are its dangers with AIDS. The counselor you have should write an article for your magazine which deals with this type of information—and *The Saturday Evening Post* should carry a column in each issue outlining new information concerning HIV.**

**Mothers and fathers want to give their teenagers the information they need about AIDS, but most of that information isn't easy to get. All of us who are homemakers need to know how to disinfect against HIV; we need to know just how this beastie acts in order to protect our families.**

**For the love of God, I *beg* of you to get this information into the hands of the housewives and mothers of America —help us help and protect our families! I am very assertive and verbal, and I will continue to yell and squawk until I have the proper answers. But most women aren't that verbal or assertive or persistent. They are the majority, and their unanswered questions about AIDS are no different than mine.**

**You have it in your power to disseminate the information that the general public doesn't have about AIDS. Not to do that would be to take responsibility for a great deal of needless human suffering and death. Please look to your conscience.**

**If your counselor can write as well as he can explain over the telephone, then you already have on your staff the person who can do the job.**



*"Yes, I'm well aware that you're suffering from insomnia . . . after all, you called me in the middle of the night to make an appointment."*

**For all you have done concerning HIV, I thank you. For all I hope you will do, the homemakers and mothers of America will bless and remember what you have done long after others less courageous are forgotten.**

***Jessie L. Burke***
**Tarpon Springs, Florida**

Keep on being assertive. Pass information on to "letters to the editor" columns of daily newspapers. Speak out. Ten percent bleach solution kills the AIDS virus. Unfortunately, the most common cause of spread is by sexual transmission.

### Foot Sore

**Dear Dr. SerVaas:**

**I want to say I really enjoy all the articles and stories in *The Saturday Evening Post*. I have been a subscriber for about a year now. I do have a question and I hope you can help me.**

**I have very flat feet and my ankles are pronating over so bad. Do you know of anything to do for this? If I put shoe inserts or arch supports of any kind in my shoes, it throws them over to the inside even worse. It is hard to find shoes, plus it is getting harder for me to walk because my foot lands on the protruding bone on the inside of my feet.**

**I keep hoping and praying they will come out with laser surgery to correct this condition.**

**Your articles are so interesting in your "Medical Mailbox," and I know you help many people.**

***Name withheld***
**Connersville, Indiana**

I am enclosing the names of two good board-certified orthopedic physicians who are not far from your area. I am sure either of them could give you some good advice on the best strategy for minimizing your problem. I have also enclosed the names of two good podiatrists. Either of them might also help.

### Hair Fallout

**Dear Dr. SerVaas:**

**I am writing to ask your opinion concerning the treatment of alopecia areata. For about the last three months my 18-year-old daughter has been losing hair above her left ear. She has approximately a 2½- to 3-inch in circumference bald spot. Our family doctor said there was no treatment—the hair would grow back. We decided to get a second opinion as we were seeing no growth and the spot was getting larger. We drove 90 miles to see a dermatologist. He immediately said she would need a series of at least four injections (around the bald spot) of cortisone. I felt rather uneasy about getting this treatment without doing some investigation. The doctor assured me that the injections contained only a little more cortisone than the body produces by itself every day. He also said there would be no side effects. I was not totally convinced, so he gave my daughter some Elocon ointment to apply to the spot but said he didn't think it would be enough to stimulate hair growth in such a large spot. He said if we didn't see new growth in a month she would need the injections.**

**I asked for an explanation of why cortisone would make the hair grow back but didn't completely understand all that the doctor said.**

**My daughter is quite concerned as you can imagine. So**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**far she has been able to hide the bald spot but is getting worried about going completely bald.**

**I would appreciate any information you could give me concerning this procedure. Other than this my daughter is in excellent health. I should also tell you that the dermatologist took a culture to rule out ringworm.**

**Thank you in advance for any help you can give me in making a decision about whether to pursue the cortisone injections or not. God bless you!**

***Leta Kobielusz***
**Wright, Wyoming**

Alopecia areata is a disease that is difficult to treat because the cause is not clearly understood. You made a good decision to see a dermatologist. The treatment he recommended agrees with the findings of Dr. David Whiting, the director of Baylor Hair Research and Treatment Center, Dallas, Texas. Dr. Whiting states that for localized patches of alopecia areata in adults and older children, treatment with steroid injections into the area of hair loss is best. I would encourage you to return to the dermatologist for injections if the ointment doesn't help your daughter to grow hair. ❦


**Text Credits**

Page 20, Carrot-Bran Muffin recipe reprinted from "Campbell's Microwave Cookbook"; 52, reprinted from *The Saturday Evening Post,* © 1959 The Curtis Publishing Company; 62, reprinted from *The Saturday Evening Post,* © 1957 CPC.

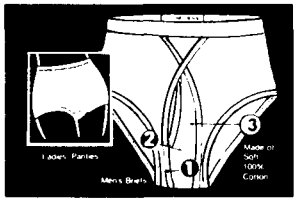
**Photo & Text Credits**

Page 14 (clockwise from top left), courtesy of Leigh Steinberg, George Rose/Gamma-Liaison, Carol Halebian/Gamma-Liaison, Michael Levine/Gamma-Liaison; 20, reprinted from "Campbell's Microwave Cooking"/Campbell Soup Company; 22, Peter Michael; 23, Thomas Braise/The Stock Market; 26, reprinted from *The Saturday Evening Post* © 1957. CPC; 31, Kenneth Banks; 34, reprinted from *The Saturday Evening Post* © 1956. CPC; 36, reprinted from *The Saturday Evening Post* © 1960. CPC; 37, (top) Massachusetts Mutual © 1963. Courtesy of Franklin K. Paddock, M.D., (bottom) Luis Villota/The Stock Market; 38, (top) reprinted from *The Saturday Evening Post* © 1951. CPC, (bottom) reprinted from *The Saturday Evening Post* © 1960. CPC; 42, Ron Rice/Presbyterian Church U.S.A.; 48-50, United States Olympic Committee; 51, courtesy of Seoul Olympic Organizing Committee/Burston-Marsteller; 58, (left) Sumner/The Stock Market, (right) Thomas Braise/The Stock Market; 59, Claudia Parks/The Stock Market; 60, courtesy of "This Old House"/WGBH-Boston; 61, Chris Jones/The Stock Market; 64-68, C. J. Hadley; 98, Jeff Atteberry.



# END THE EMBARRASSMENT OF POOR BLADDER CONTROL

## Luxurious Comfort with 24 Hour Protection




**3-Layer Design Guarantees Protection**

**1** Inner layer of soft, highly-absorbent, 100% pre-shrunk cotton flannel.
**2** Middle "shield" layer of durable, water-repellent nylon.
**3** Outer layer of fast drying, 100% cotton/knit.

Whenever incontinence occurs — The inner layer absorbs moisture, the middle layer acts as a moisture barrier that protects the outer layer and your clothing from stains and spots.

For years, a doctor sympathized with his patients who were forced to live with an embarrassing problem — spotting and staining of clothing caused by **slight** losses of urinary control.

Disposables seemed to be the only answer. But patients complained they were costly... bulky, uncomfortable, and made them agonizingly self-conscious.

So, he invented "CONFIDENS."

"CONFIDENS" are made of soft 100% cotton.

They're so comfortable you'll forget you're wearing them. They'll outwear and outlast regular "store bought" underwear by far.

Best of all, they'll provide you with a whole new world of freedom from the embarrassment and inconvenience of **minor** incontinence problems or poor bladder control. You've got to try them to believe them!

Our risk-free offer — Order a pair (or two) of "CONFIDENS" and try them. Because we respect your privacy, all orders are mailed in a plain envelope. If you're not completely delighted, just return them within 30 days for a prompt, full, no-questions asked refund, less postage.

**"CONFIDENS," Dept. 888, 2246 D Rome Drive, P.O. Box 88319, Indianapolis, IN 46208**

☐ Please rush me 2 pair of "CONFIDENS" for $23.90 plus $1.75 postage and handling
☐ Please rush me 1 pair of "CONFIDENS" for $12.95 plus $1.50 postage and handling
☐ Please rush me 4 pair of "CONFIDENS" for $47.80 POSTAGE FREE!

*Mailed in Plain Envelope*

| ☐ Men's Briefs | ☐ Ladies' Panties | | | |
|---|---|---|---|---|
| ☐ Sm. (30-32) | Size | Hip Size | Size | Hip Size |
| ☐ Med. (34-36) | ☐ 5 | 36 | ☐ 8 | 42 |
| ☐ L (38-40) | ☐ 6 | 38 | ☐ 9 | 44 |
| ☐ XL (42-44) | ☐ 7 | 40 | ☐ 10 | 46 |

Ind. res. add 5% sales tax. Enclosed is my ☐ check for or ☐ money order for $ _____
Please charge my ☐ Visa ☐ MasterCard
Acct. # _____ Exp. Date _____
Print Name _____ Address _____
City _____ State _____ Zip _____ ©CONFIDENS, 1987

GO EVERYWHERE

Dear Nancy
I'd be insane for
my fortress I
couldn't be here ...

Join the growing number of people who are rediscovering fun and freedom on a Fortress Scientific three wheeler. Enjoy getting around in safety and comfort, indoors or out. It's economical and portable. Call toll free or mail this coupon **for more information.**

1-800-262-1408

**(In Canada 1-800-268-7961, ext. 366)**

FORTRESS SCIENTIFIC

**A Mediquip Healthcare company**

Please send me information on Fortress three wheelers and the name of a dealer in my area.

Name _____
Address _____
City _____ State/Prov. _____
Zip/Postal Code _____ Telephone _____

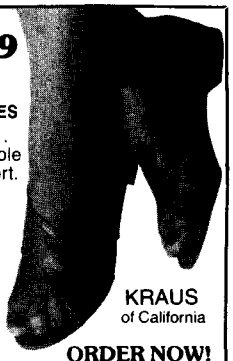
1333-2



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

'CROSSOVER'
only $19.99
reg. $29.99

- IN HARD-TO-FIND SIZES
- COMFORT INSOLE... slightly cushioned insole gives complete comfort.
- Straps of softest GLOVE LEATHER, a sturdy sole and ½" heel give you complete support with every step.
- CAMEL, WHITE, BLACK, BONE, RED & NAVY.
- Full & half sizes 7-10, 11 N. 5-10, 11 M. 6-10, 11 W.

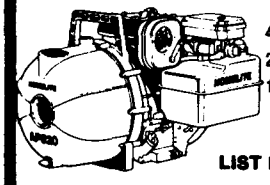


KRAUS of California

ORDER NOW! MONEY BACK GUARANTEE

CHARGE ORDERS CALL (602) 747-5000
VISA, MasterCard, Discover, Am Ex., Diners Club
Add $2.50 p&h one pair, $3.50 for two, $4.25 for three. Az. res. add 7% tax.
Send $1 for COLOR CATALOG or ORDER NOW & receive CATALOG and $2 BONUS COUPON good on *next* order.
Dept. ERY1A, 3740 East 34th St., Tucson, AZ 85713
Old Pueblo Traders since 1946

HOMELITE FARM PUMPS
Model JL420
4 H.P. Briggs Eng.
2" Inlet and Outlet
155 Gal. Per Min.
New 88 Models
1 Year Warranty
LIST PRICE $359.95



YOUR TOTAL COST $189.00
IDEAL FOR PUMPING WATER, SALT WATER, FARM CHEMICALS, OR PULLING SPRINKLERS
FREE SHIPPING IN U.S.A.

Send Check, Money Order or Phone VISA or MASTERCARD
JERRY B. LEACH CO.
P.O. BOX 71 • 802 MARKET ST.
CHERAW, S.C. 29520
IN S.C. (803) 537-2141
TOLL FREE 800-845-9005

HUNTERS • FISHERMEN • FIREMEN • SKIERS
RED SUSPENDERS
Also (solid black) (olive stripe) (red, white and blue stripe):
1½" Wide—Heavy Duty
Adjustable Length
Specify Clip End—(Illus.) or Button End $8.95 pr. plus $1.50 p.p.
YANKEE WORKBENCH
$1.00 for color Brochure Dept SP, Harvard Rd., Littleton, Mass. 01460

A $6.95 VALUE...
Yours FREE
30 DAY SUPPLY of
JENASOL "Miracle Bullets"

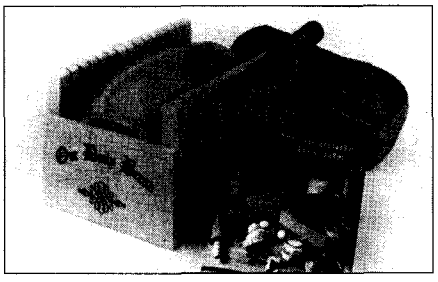
FORMULA CONSISTS OF:
Natural ROYAL JELLY, GINSENG and VITAMIN E
PLUS 31 VITAMINS, MINERALS, BIOFLAVINOIDS, LIPOTROPIC AND NUTRITIONAL HEALTH BUILDERS
ALL IN ONE HIGH POTENCY JENASOL RJ FORMULA "50" TABLET

We make this FREE offer to introduce you to the JENASOL HEALTH PROGRAM.
LIFE MAY BEGIN AFTER 40. YOU OWE IT TO YOURSELF to try this AMAZING ROYAL JELLY, GINSENG and VITAMIN E JENASOL FORMULA, on this once-in-a-lifetime NO-RISK offer . . . Just send $1.00 to cover postage and handling to receive your FREE 30-DAY SUPPLY and the JENASOL HEALTH PROGRAM. Please state if you are ordering for a man or woman.
JENASOL, DEPT. B-760-A
1300 Stirling Rd., Dania, Fla. 33004

# Post Sampler

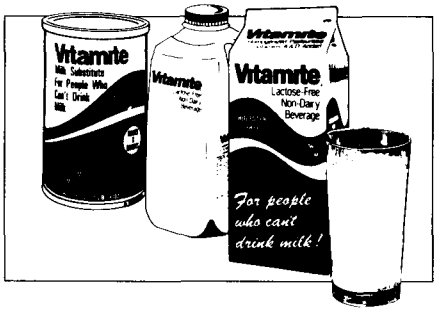
### *Wooden Bread Slicer*

Cut loaf of homemade bread into 15 even slices. Solid wood bread slicer,



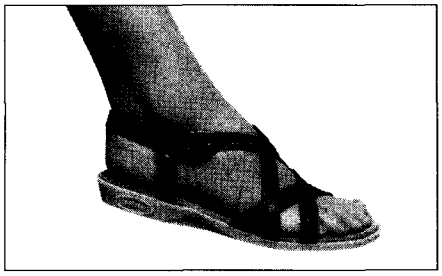
5" x 5" x 10". $12.95 plus $3.75 shpg. *Homemade Breads* cookbook includes 100 bread recipes—for only $3.95! Save $1.00 on both: $15.90 plus $3.75 shpg. Holst, Inc., Dept. SPS-788, 118 W. Lake, Box 370, Tawas City, MI 48764.

### *Vitamite®*



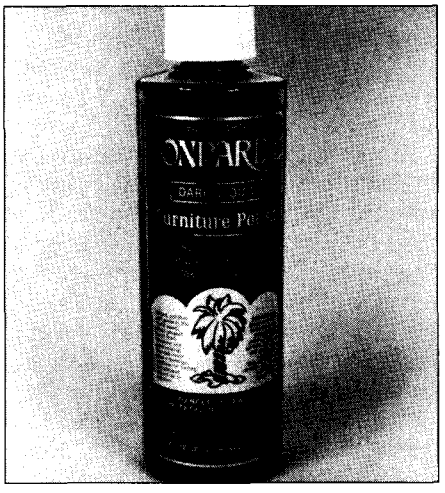

Those with lactose intolerance can drink Vitamite®. It tastes great; it's lactose free, milk-fat free, low in sodium, calcium fortified, and easily digested. Available in liquid or powder. For information and samples, contact Diehl Specialities International 1-800-443-3930 outside Missouri; in Missouri 314-994-1010.

### *Genuine Leather Sandals . . .*



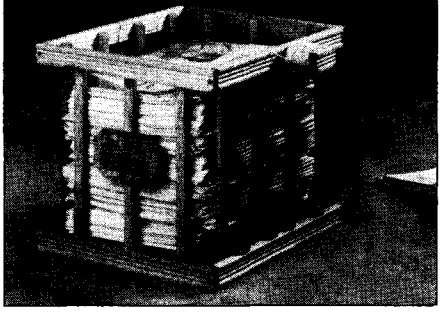
. . . by Wimzees®. Cushioned suede insole; nonskid flexible rubber sole; ¾". heel. White, tan, burgundy. Full sizes only: 6-11N,M,W. $15.99; two pr. $27.98. Add $2.50 p&h/1 pr., $3.50/2, $4.25/3. Money-back guarantee. VISA, MC, DC, Discover, AE. Old Pueblo Traders, Dept. ERY1N, 3740 E. 34th ST., Tucson, AZ 85713.

### *Since 1876*



A special 112-year-old formula preserves, enhances, restores luster to your fine furniture. Nonpareil Furniture Polish prevents crazing and fine cracks without build-up. Satisfaction guaranteed. Send $5 (IN res. add 5%) (16-oz. bottle) plus $1 p&h to: Imperial Polish, 8044 Pickford Dr., Indianapolis, IN 46227.

### *The Original . . .*

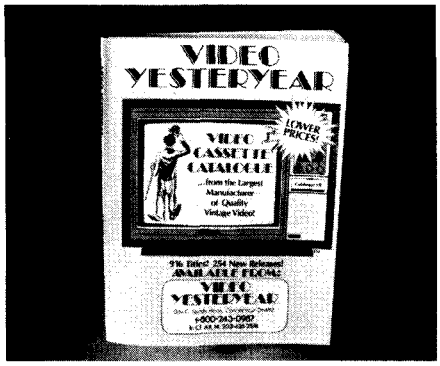


Old News™ Bindery. Solid wood, walnut-stained newspaper rack holds and binds newspapers. Dispose in a compact bundle with twine from the attached dispenser. Twine included; 18" x 15" x 15". $129.95 plus $4.00 shpg. Holst, Inc., Dept. SPB-788, 1118 W. Lake, Box 370, Tawas City, MI 48764.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

### *FREE catalog*

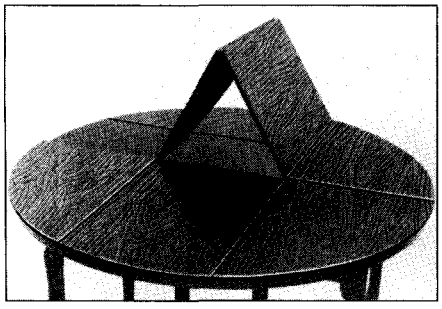
The most exciting video catalog ever! Nearly 1,000 titles—rare, unique,




hard-to-find classic films. Comedy, drama, adventure, science fiction. Silent movies, avant-garde, golden age of TV. And much, much more. Fun reading too! For your free catalog, mail to: Video Yesteryear, Box C-40, Sandy Hook, CT 06482.

---

### *Guard your table*



Save with custom-made table pads. Washable vinyl surface and soft felt base. From America's oldest and largest table-pad manufacturer. Guaranteed proper fit and complete satisfaction. No advance deposit or C.O.D. Call toll-free 1-800-328-7237, ext. 269. Sentry Table Pad Co., 108 Briarcliff, Thomasville, NC 27360.

---

### *Genuine leather sandal*

By Beacons®; $19.99. Cushiony insole, 1¼" covered wedge heel. Made

in U.S. White, black, beige, camel. Full & half sizes: 6-10,11N; 5-10,11M; 6-9,10W. Add $2.50 p&h/1 pr., $3.50/2, $4.25/3. Money-back guarantee. VISA, MC, DC, AE, Discover. Old Pueblo Traders, Dept. ERY1E, 3740 E. 34th St., Tucson, AZ 85713.

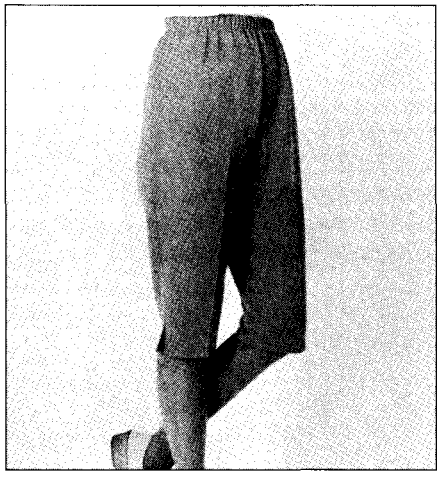
---

### *Natural-looking Eva Gabor Wigs!*

See America's most beautiful fashion collection of famous Eva Gabor wigs in our free 32-page catalog. So natural looking, feather light, and easy to style! Try our fast mail-order service with no-risk, unlimited guarantee! Send for your free catalog today! Write Wigs by Paula, Dept 869, Brockton, MA 02403.

---

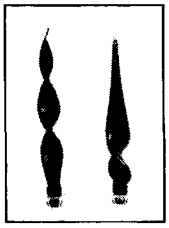
### *Carefree clamdiggers*



Washable polyester, elasticized waist. Navy, camel, creme, gray, black, brown, wine. Misses 10-20; petites 8-18; woman's waist 32-44. $9.99 ea.; 2/$17.98. Add $2.50 p&h/1, $3.50/2, $4.25/3. Money-back guarantee. Major credit cards. Old Pueblo Traders, Dept. ERY1H, 3740 E. 34th St., Tucson, AZ 85713.

---

## Italian Decorator Candles



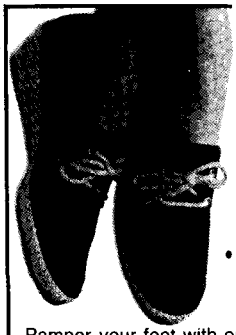
SP101 SP102

So shiny they look like glass! These gorgeous 10" decorator candles are **guaranteed dripless.** Choose from two dramatic designs and a variety of colors: Black, white, silver, gold and—for the holidays—red and kelly green.

Each design comes in a set of two. Twist (SP101): $8.50/pair. Flair (SP102): $12.50/pair. Add $2 for shipping. Checks, Visa or MasterCard accepted. (Include expiration date with credit card orders.) Allow 4 — 6 weeks for delivery.

**London's Lair, P.O. Box 67857**
**Los Angeles, CA 90067.**

---



Bees by Beacon®

**$19.99 ONLY**

- **2 PAIR $35.98**
- IN HARD TO FIND SIZES
- RED, NAVY, SAND, WHITE
- SURE-STEP CREPE SOLE
- MONEY BACK GUARANTEE

Quality and comfort you'll appreciate! Pamper your feet with our fully lined sail-cloth casual. 2 eyelet tie; 1¼" jute-covered wedge. Full and half sizes, all colors: 6-10,11, N. 4-10,11,12M. 5½-9,10,11W. Sand & Navy also available in 12 N and 6-9,10,11WW.

**CHARGE ORDERS CALL (602) 747-5000**
VISA, M.C., Din. Clb., AE., Discover
Add $2.50 p&h one pair, $3.50 for two, $4.25 for three. Az. res. add 7% tax.
Send $1 for **COLOR CATALOG** or **ORDER NOW** & receive **CATALOG** and **$2 BONUS COUPON** good on ***next*** order.
Dept. ERY1B, 3740 East 34th St., Tucson, AZ 85713

**Old Pueblo Traders** since 1946

---

## RUBBER PANTY $15.00

**BY AIR MAIL**

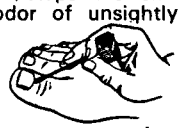
Black or White soft latex, UNISEX. Give waist size. Send check, money order or dollars OR send THREE Dollars for RUBBERWEAR Catalog by Air.

**South Bucks Rainwear Co, (SEP). Iver, Bucks. SL0 9BA. England.**

---

## NEW! STOP UGLY NAIL FUNGUS

**HEALTHY NAIL™** stops the embarassment, pain, odor of unsightly fungus on toe and finger nails. Built-in brush makes it easy to apply twice daily. 1 oz. bottle good for full treatment. **Satisfaction guaranteed** or your money back. Send check or money order for $9.80 today.



Clip and Mail

**Atlantic Drugs, Dept. 2-G**
**8778 S.W. 8th St.**
**Miami, Florida 33174**

Name _____
Address _____
City _____
State _____ Zip _____

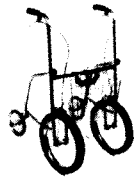
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

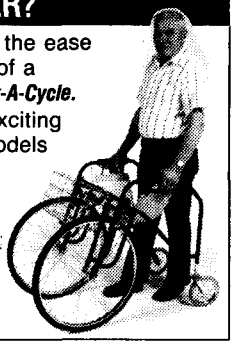
COMFORT SLIDE by Beacon®
SAVE $7
$12.99 PAIR
REG. $19.99

• 2" WEDGE
• CUSHIONED INSOLE • NON-SLIP SUEDE-LIKE LINING
• ADJUSTABLE CLOSURE
• WHITE-26, BLACK-40, TAN-57: 6-10, 11 N, W, 5-10, 11 M.
RED-48: 6-10, 11, N, 7-10, 11 W, 5, 10, 11 M.
• MONEY BACK GUARANTEE •
Imported, man-made materials

CHARGE ORDERS CALL (602) 747-5000
We accept VISA, MC, AE, DinClb, Discover
Add $2.50 p&h per pair, $3.50 for two, $4.25 three. AZ res. add 7% tax.
Send $1 for COLOR CATALOG or ORDER NOW & receive CATALOG and $2 BONUS COUPON good on next order.
Dept. ERY1D, 3740 East 34th St., Tucson, AZ 85713 since 1946
Old Pueblo Traders

WHY LIFT YOUR WALKER?
Enjoy the ease of a Walk-A-Cycle. 4 Exciting Models





FREE INFORMATION Contact
AMERICAN WALKER INC.
Toll-free: 1-800-872-4566
797 Market St. Dept. K9
Oregon, WI 53575

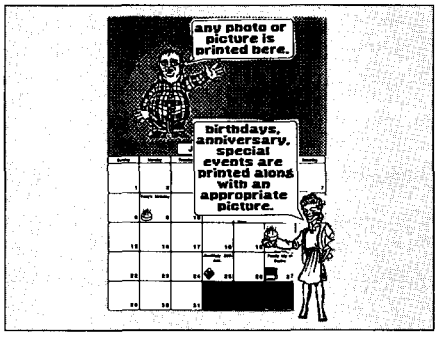
OUR "LITTLE FARMERS"
Have been truly "adopted" by folks all over, as their very own! Thousands have hung posters of the twins in their homes, offices and even in barns. Folks just can't stop smiling when they glance at these famous "kids". Now, their precious expression, "You been farming long?" has been captured in a top-quality porcelain figurine. Handcrafted and handpainted in true to life colors, figurine is about 5½" high on an oval base. Treasured gift or beautiful collectible you'll cherish year after year!
$29.95 plus $3 shpg.
Send Check or M.O. 20 day money back guarantee.
HOLST, INC. Dept. SPF-788, 1118 W. Lake Box 370, Tawas City, MI 48764

Popular Norman Rockwell Prints (11"x14")
"The Babysitter," "Piano Tuner"
on Canvas @ $7.20 each. Send your order with check to Armchair Shopper, P.O. Box 130, Indpls., IN 46206.

# Post Sampler

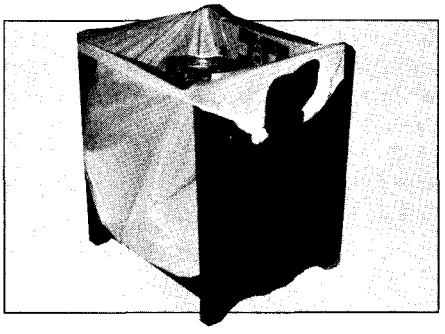
### *Personal Family Calendar*

Family calendar imprinted with b&w photo. Send wallet-size, or larger,


any photo or picture is printed here.
birthdays, anniversary, special events are printed along with an appropriate picture.

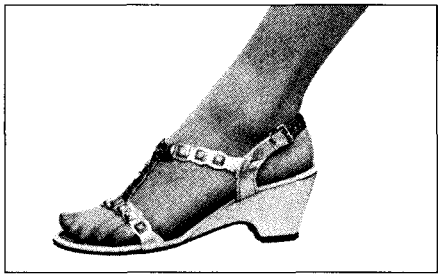
photo, color or b&w. (Photo is returned.) Indicate the Jan. thru Dec. 1989 family events you want printed on your 8½" x 11" spiral-bound calendar. $4.95 + p&h. Holst, Inc., Dept. SPC-788, 1118 W. Lake, Box 370, Tawas City, MI 48764.

### *The Trashette II*



Made from oak to hold most giveaway plastic shopping bags. When the bag is full, tie the handles together and it's ready to discard. Attractive enough to use in any room. 13" x 11½" x 9½". Havlick Snowshoe Co., Route 30, Mayfield, NY 12117. $27.98 plus $2.00 shipping. NY residents add 7% sales tax.

### *T-strap sandal by Beacons®*

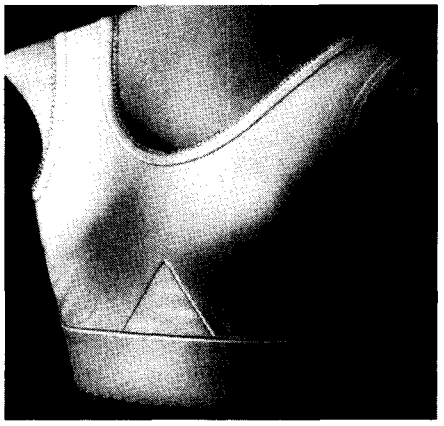


Mosaic "gems;" cushioned insole; 2" wedge. Man-made materials. White, gold, camel. Full & half sizes: 6-10,11N, 5-10, 11M; 6-9,10,11W. $19.99; 2 pr./$36.98. Add $2.50 p&h/1, $3.50/2, $4.25/3. Money-back guarantee. Major credit cards. Old Pueblo Traders, Dept. ERY1F, 3740 E. 34th St., Tucson, AZ 85713.

### *Caddy Corner® Towel Set*

Airbrushed design on white beach towel with Velcro®-fastened fold-up pocket at corner. Jumbo Tee with matching seahorse design, one-size-fits-all. $44.95 per set, plus $3.00 p&h. Separately, $24.95 each plus $2.00 p&h. Satisfaction guaranteed. JoLee Stroke of Art, 102 6th St., Ft. Cobb, OK 73038.

### *Active Action Sport Bra*



Just introduced. Lightweight, soft, absorbent fabric. No irritating hooks. Wide, nonbinding support straps; wide panels to support your back. White or beige. (30-32), (34-36), (38-40), and (42-44). $16.95; $1.75 p&h. Piper Brace Company, 811 Wyandotte, P.O. Box 807, Kansas City, MO 64141. Dept. SE58AB.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Money Made in Germany

STRIKE IT RICH
and become a Millionaire overnight

There are two lotteries every year. One beginning in March, one beginning in September.

## Your winning chances are incredible

with Germany's favorite State Lottery, the "Nordwestdeutsche Klassenlotterie". The total cash payout is a new record high of more than 205 million Deutschmarks. That's nearly 129 million U.S. $. Imagine, with only one ticket you participate in 27 weekly drawings. You have 27 winning chances to receive one of the 240,417 cash prizes. We have made many Millionaires for generations. There are more every year.

This lottery is fully backed by the Government. It is not a private corporation. The drawings are public procedures and every move is regulated by law.

## Jackpots up to *$ US 1.25 Million.

These amounts are guaranteed to be paid out in one lottery.

| | |
|---|---|
| 3 x $ US | 1.25 Million |
| 19 x $ US | 625,000 |
| 5 x $ US or 50 x $ US | 625,000 62,500 |
| 12 x $ US | 312,500 |
| 12 x $ US | 156,250 |
| 53 x $ US | 62,500 |

And over 240,000 cash prizes ranging up to 50,000 U.S. $.

## How to Join the Lottery

Each complete lottery takes six months. Every ticket-holder gets the official drawing schedule containing detailed information about the prizes, the days scheduled for the drawings, etc. Everything is clear and you will be kept informed at all times. You'determine the size of the ticket you want to buy by ordering a full, a half, or quarter ticket. When your number is drawn as a winner, you'll receive the respective amount of the cash prize corresponding to your ticket. The chances of being drawn are completely even for all numbers in the lottery.

## Invest Small Win Big Your Chances are 1 : 1.5

* Only 600,000 tickets available - no more!
* Over 240,417 tickets are guarantced to win!
* Nearly every 2½ ticket yields a cash prize!

## Everyone can play this lottery because it's as simple as a child's play!

You order your ticket(s) using the coupon below or simply write us a letter and tell us what you want. Please attach the payment for the ticket(s) to your order. Use cashier's Check, postal check, personal check, traveller check, bank draft, money order or credit card (fill in the credit card number & expiration date). You may even send cash only by "registered mail".

In return you will receive:

* your original ticket(s) along with all the information
* regular mailing of the official list of winning numbers (Control of our performance for you!)

## If You Win!

You'll be immediately notified by personal letter. Payment of prizes follows the fastest way possible and according to your instructions.

Prizes are free of German taxes. It is our duty to observe 100% confidentiality. No one knows that you've bought a ticket and no one knows that you have won! Except you.

## Order today - win tomorrow.

FOR FASTER SERVICE CALL TOLL FREE

**1-800-356-3739** Ask for Mrs. Kraus. Have your credit-card handy.

**GREGOR** STATE ACCREDITED LOTTERY AGENT

Hermann-Böse-Str. 25
D-2800 Bremen 1 · West Germany

VALID ONLY WHERE LEGAL

Complete the Coupon, tear it off and send it in to:

**GREGOR - Hermann-Böse-Str. 25**
**D-2800 Bremen 1 · West Germany**

SOURCE CODE: SAT-7/8

**YES.** **I want to be with it and am ordering** for the next cycle of the NORDWESTDEUTSCHE KLASSENLOTTERIE the following ticket(s). Please check one or more.

| | | | |
|---|---|---|---|
| ☐ | FULL TICKET(S) | at | US $ 525 each |
| ☐ | HALF TICKET(S) | at | US $ 272 each |
| ☐ | QUARTER TICKET(S) | at | US $ 144 each |
| ☐ | LUCKY LETTER(S) 4 quarter tickets with different numbers | at | US $ 525 each |

Prices are for one cycle (27 draws = 1/2 year) incl. monthly winning lists and postage.

☐ Check enclosed
☐ I will make payment after receipt of your invoice
☐ Charge my credit card:
☐ American Express ☐ MasterCard
☐ VISA ☐ EUROCARD ☐ DINERS

Card. Acc. No. Exp. Date

Signature (Charge orders only valid with signature)

☐ Send information in ☐ German ☐ English
☐ Mr. ☐ Mrs.

Family name

First name

Street

Postal code no./city/country (PLEASE PRINT)

Make checks and transfers payable to: **GREGOR.**
*Note - due to the varying of exchange rates, all dollar amounts are approximate.

**AFFIX TWO 25 CENT STAMS ON ENVELOPE.**
**VALID WHERE LEGAL.**

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# Classified Directory

Advertise personals, vacations, rentals, books, art, gourmet items, employment opportunities, real estate exchange and any item of general interest. Rates: 1-time insertion, $3.75 per word; 3-time insertions, $3.50 per word, per issue; 6-time insertions, $3.30 per word, per issue. For further information contact: Karen Smith, Classified Advertising, 1100 Waterway Blvd., Indianapolis, Indiana 46202. Phone (317) 636-8881. Payment must be received with order. Send check, money order or use your MasterCard or Visa with all numbers, including expiration date *and* signature.

### Antique Stocks Wanted

**Stocks, Bonds, Autographs,** Baseball memorabilia, cards, Political pins, ribbons, banners wanted. High prices paid. Paul Longo, Box 490-J, South Orleans, MA 02662.

### Antiques/Collectibles

**Baseball cards:** Remember 'em? 50 original Topps cards from the 1960s and '70s, only $14.95 (100 for $26.95). Great gift! OnTheMark Enterprises, Dept. S, Box 21241, Eagan, MN 55121.

### Arts/Crafts

**Oil on canvas,** glazed ceramica, lead crystal. Color catalog $1, refundable w/order. Gaylord Trading, 12126 Dakota Woods, Orlando, FL 32824.

**"Clip-it":** no nails, no tools—mount or exhange canvas paintings instantly. Enough for 25 paintings. Send $14.95 to: Art-lite Enterprises, 734 Vine St., San Jose, CA 95110.

**Woodcrafters:** teddy bear/hobby horse pattern E-1108, $3. William Pitts, Box 18130, Spartanburg, SC 29318.

### Bird Watchers

**Bluebirds.** Attract and keep this beautiful burst of blue in your backyard! Specially designed and proven nesting houses for bluebirds. Handcrafted of 1" solid cedar with hinged top. Manufacturer direct; $16.50 ppd., check or M.O. Ornithological Structures, Inc., Box 863, Barnwell, SC 29812.

### Books/Publishers

**The Antichrist: Will you mistake him?** Free booklet; free Bible correspondence course. Box 50731-E, Pasadena, CA 91105.

**Publish your book!** Join our successful authors. All subjects invited. Publicity, advertising, beautiful books. Send for fact-filled booklet and free manuscript report. Carlton Press, Dept. EY, 11 West 32 Street, New York, NY 10001.

**Read *Gone,*** a new 200-page novel about Jesus coming back in the Rapture: $5. Gone, Box 2211, Harrisburg, PA 17105.

**Used books.** 75¢ catalog lists. Grimshaw, P.O. Box 573, Avon, MA 02322.

**Manuscripts wanted.** We're seeking fiction, nonfiction, poetry, scholarly, juvenile, and inspirational manuscripts for immediate publication. Send for free illustrated brochure. Todd & Honeywell, Department 15, 10 Cuttermill Road, Great Neck, NY 11021.

**Grace/Ruth Hill,** Oke, Bacher, Laura Wilder listings: $1, SASE. Callender House, 13742-PN Callender, Southgate, MI 48195.

**Gospel means "Good News."** The Good News is that Jesus wants to add Himself into you, conferring on you approximately 45 superhuman benefits. To understand what they are and to make sure you're receiving them, request "The Good News, What It Is and How To Get It." Send $4.95 to Ray Wenger, 1154 Roberto Lane, Los Angeles, CA 90077.

**Personal/family money management** with charts: $5. Little Red Book, Edcetera, Box 629-E, Catlin, IL 61817.

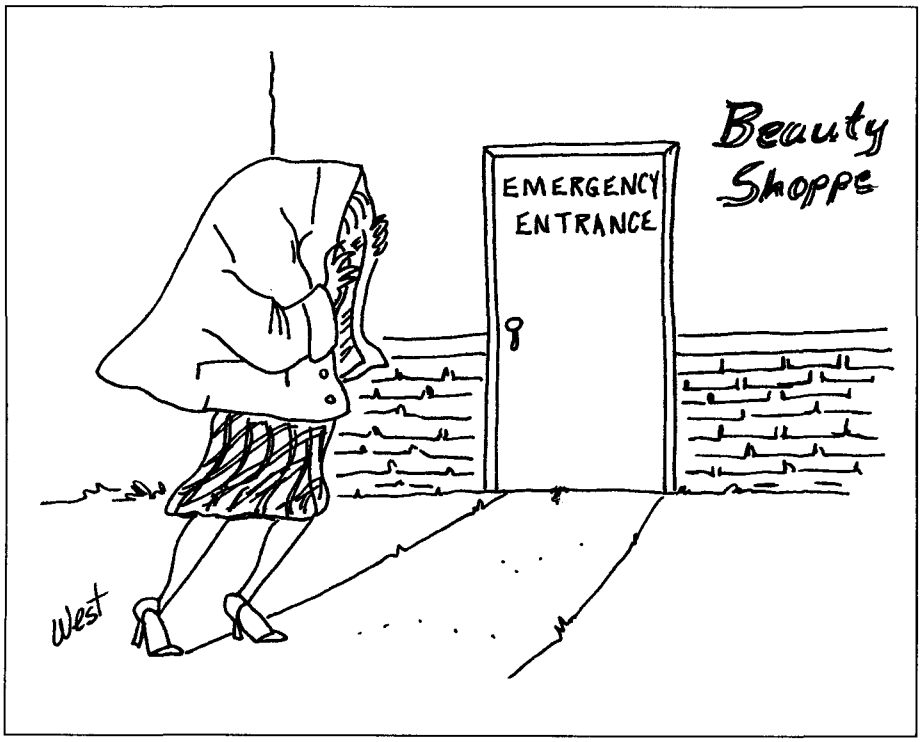
### Business Opportunities

**Stay home! Earn money** addressing envelopes. New, genuine offer, 15¢. Lindco, 3636-SP Peterson, Chicago, IL 60659.

**Amazing moneymaking plan!** Easy steps to profitable home business. Free details. Write today! D.L. Smith, 6572 Malibu Drive, Dept. S101, Columbus, GA 31909.

**Mail-order opportunity:** start profitable home business without experience or capital. Information free. Mail Order Associates, Inc., Dept. 540, Montvale, NJ 07645.

**Great profit in import-export business!** No investment in merchandise necessary. Inside tips to find foreign bargains. $3. P.C. Ward, 362-B Compton, Dept. 6SP, El Cajon, CA 92020.




**VISA/MasterCards guaranteed.** Erase bad credit. Davis Enterprises, Box 11562-S, Oklahoma City, OK 73136.

**Start and operate your own** profitable business in the comfort of your home. Free information. R&R Enterprises-B, P.O. Box 6320, Akron, OH 44312.

**FANTASTIC PROFITS** in spare time from home. SASE for free details. Jacquie Enterprises, 1118S Thrush, Audubon, PA 19403.

**Make good money,** full- or part-time, selling imprinted calendars, cups, baseball caps, T-shirts, pens, etc., to local business and industry. Weekly commissions, 94-year-old company. Retirees welcome. $35 (refundable). Deposit required, unless experienced. Write Kaeser & Blair, P.O. Box 494, Jenison, MI 49429.

**Get paid for reading books!** Write: Pase*XL5,* 161 Lincolnway, North Aurora, IL 60542.

**Home import** mail-order business. Start without capital. Free report. Mellinger, Dept. N1139, Woodland Hills, CA 91367.

**Make 40% commission selling** genuine French perfumes. Free information, with sample $25. Write to: JHC, Saint Moritz 1403, Caparra, PR 00920.

**Earn $50,000/yr.** Sales & marketing distributors needed for Multi-Pure Home Water Filtration Systems. Exploding market for the most effective system in the world since 1970. Industrial leader in the *Solid Carbon Block* technology. Training and marketing aids available, video and color brochures, etc. Start your own business for only $15. Call (707) 965-9220 or write: Charles and Carol Nagel, 545 Viewridge Drive, Angwin, CA 94508.

**Free booklet.** Anyone can profit! "How to Make Money with Computers." Computer Publishing Enterprises, Box 23478, Dept. S-5, San Diego, CA 92123.

### Catalogs

**A new all-purpose greeting-card catalog.** Only $1 (refundable on first order). Write Henderson Bailey, 14 Goldsmith Avenue, Box 2236SP, Newark, NJ 07114.

**Free Distinctive Gifts Catalog.** JEM Distributors, 83 Whitehall, Rockville Centre, NY 11570.

**Free catalog!** Gifts, greeting cards. Paraclete, 46 S. Wilson Drive, Berkeley Heights, NJ 07922.

**Receive $10 gift certificate** with free jewelry catalog. Also dealers in LLadro porcelain. 20 years in business: Vanderwaay, 834 S. Federal Hwy., Deerfield, FL 33064.

**Free videotape catalog.** 14 categories. Calvert Enterprises, P.O. Box 974(A), Jamestown, NY 14702.

**Free** 224-page color gift catalog. Francis George, 7101 Shore Road, Brooklyn, NY 11209.

**K & A Distinctive Gifts.** Free catalog. 228 Meadow Street, Naugatuck, CT 06770.

**Free catalog.** Personalized gifts. Owens, 5111-6 Baymeadows #240-S, Jacksonville, FL 32217.

**Servicemen—free catalog.** Medals, ribbons, displays. Fuller, Box 2071-P, Pawtucket, RI 02861.

### Do-It-Yourself

**Jewelry-making supplies.** Catalog—$1 cash. Robert Herber, 38 Daley, Herricks, NY 11040.

### Education and Instruction

**Villarreal National University.** Fully accredited state university; 45,000 students on campus. Offering nonresidential master's and doctorate degrees. Inquire: International Program, c/o International Educational Consultants, 4521 Campus Drive, Suite 444-0, Irvine, CA 92715.

**Cash for school.** Send self-addressed stamped envelope: A-Scholarship, P.O. Box 440, Dunedin, FL 34697.

### Employment Opportunities

**Government jobs $15,400-$72,500.** Now Hiring. Excellent benefits. Call 504-649-7922 Ext. J-5035.

### Gardening/Plants

**Bonsai plants, pots, tools, books**—catalog, $1. Bonsai Farm, Box 130, Lavernia, TX 78121.

**Scented geraniums,** ivy and dwarf geraniums, other types; over 1,000 varieties. 1988 color catalog—$2, refundable. Shady Hill Gardens, 809 Walnut, Batavia, IL 60510.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**Household plants.** Growth, health, beauty secrets, $2. SASE. H. Miller, P.O. Box 371486, San Diego, CA 92137.

### Gifts

**Original! Tooth-fairy box.** Snuggles under pillow. Oak crafted. Holds quarters. Keepsake gift. $6.98. Unique Items, Box 1293, Gresham, OR 97030.

### Health Aids

**Cope with stress?** Lose weight? Quit smoking? Clinical hypnotist Larry Garrett illustrates. Specify tape. $8.95 each. Satisfaction guaranteed. Duty free—shipped from our U.S. warehouses. Nalani Enterprises, #474, 918-16 Ave. NW, Calgary, Canada T2M 0K3.

**Fingernail fungus?** Inexpensive, natural treatment. Money-back guarantee. $10. HMC, Box 458-Y, Milltown, NJ 08850.

**Stop smoking forever.** Send $5 for my successful method. Otis Carter, 205 Witsell St., Walterboro, SC 29488.

**Smokers!** Want to quit smoking? Health professional tells how. Send $5 and SASE. It works! Kidd, 6452 Antoinette, Maumee, OH 43547.

**Stress kills!** Unwind your mind with relaxation audio-video. Lifetrend, Box 1613, Clinton, OK 73601.

### *Home Furnishings & Housewares*

**Flags! Flags! Flags!** American, state, foreign, religious, 3′ x 5′, U.S. nylon flags $27.54. All-aluminum yard flagpole $100.60. Call toll-free to order 1-800-274-7001. VISA and MasterCard accepted. Free catalog! Liberty Flag & Specialty Co., P.O. Box 424-K, Reedsburg, WI 53959.

### Home Improvement

**Buy carpet and vinyl direct.** Savings to 80 percent. Name brands, free quotes. Johnson's Carpets, Dalton, GA 30720. 1-800-235-1079, 404-277-2775.

### Jewelry/Crystal/China

**Now! Instant rainbows,** 30% lead crystal prisms. Free information. Natural Elegance, P.O. Box 6062, Dept. B, Garden Grove, CA 92645.

### Miscellaneous

**Cable-TV converters.** Scientific Atlanta, Jerrold, Oak, Zenith, Hamlin, many others. New video hopper "The Copy Killer." VISA, M.C., and AMEX. 1-800-826-7623. B&B Inc., 10517 Upton Circle, Bloomington, MN 55431.

**Bumper-sticker printer.** Cheap, simple, portable. Free details. Bumper, POB 22791(VS), Tampa, FL 33622.

**Avoid probate.** Custodial trust forms, $15 with instructions. HDG Corporation, 610 Bowsprit Lane, Longboat Key, FL 34228.

**Need professional help?** Write professionals for alternatives. Send $10 to: Alternative Responses, P.O. Box 4292, Parkersburg, WV 26104.

**Yes . . .** I want a **VISA** and **MasterCard** regardless of low income, credit problems, even bankruptcy! Write National Credit Dept.: 6012, Ozark, AL 36361-0340, or call 24 hours TOLL-FREE 1-800-852-5478.

**Is it true . . . Jeeps for $44** through the government? Call for facts! 1-312-742-1142 ext. 7300.

**Save money on dry-cleaning bills.** Amazing spot-removing pen removes makeup, ink, gum, lipstick, grease, tar, and more from washable fabrics. Only $4.70. Visions Now, P.O. Box 70665, Las Vegas, NV 89170.

**Spasmodic Torticollis Recovery Clinic.** Write: S.T.R.C., 9 Conchas Loop, Santa Fe, NM 87505.

**Considering a nursing home?** Send for the booklet "Choosing and Financing Nursing Home Care." Also available—"Alternatives to Nursing Home Care." $4.65 each or $8.25 together. Onowa-Sep, P.O. Box 11242, Richmond, VA 23230.

**John Fields Bow Ties.** Handmade, custom-designed, all-silk bow ties. Send for free 1988 full-color catalog. John Fields, P.O. Box 406T, Kenwood, CA 95452.

### Moneymaking Opportunities

**$750 NEXT WEEKEND!!** Join the thousands of beginners who are reaping tremendous rewards. Opportunity is all around you. We'll show you where! Newquay Publishing, P.O. Box 450544, Dept. 7-C, Houston, TX 77245.

**Get checks in mailbox.** Magazines need household hints, recipes, and more. $5 gets you started. Easy! Dan Eastberg, 1816 Traymore, Minnetonka, MN 55343.

### Musical Instruments

**Accordions, concertinas,** Button Boxes, Hohners. New, used. Credit cards accepted. Catalogs. Castiglione, 12644 E. 7 Mile, Detroit, MI 48205. 1-800-325-1832.

### Notices/Personal

**Nice singles with Christian values.** Free magazine. Send age, interests. Dept. SEP, P.O. Box 454, Crossville, TN 38557.

**ASIAN WOMEN!** Sunshine International, Dept. XH, Box 260, North Hollywood, CA 91603.

**Meet Christian singles.** Local/worldwide—phone/mail introductions. Free information, fast service. Write: Box 9020-A30, Van Nuys, CA 91409.

**Nationwide friendship club.** Christian club. Box 324, Ontario, California 91762.

**Handicap introductions nationwide.** All ages. Free information. Box 232, Coopersburg, PA 18036. (215) 282-1577.

**Nationwide introductions.** Write: Exciting Club, Box 324, Ontario, California 91762.

**Nationwide single photo magazine.** Send name, address, age. Send no money. Exchange, 1817 Welton, #1580, Denver, CO 80202.

**Confidential, dependable mail forwarding.** Remail $1 plus postage. MF, Box 69, Wauchula, FL 33873.

**Women worldwide!** Seeking American men for friendship/marriage. Free color brochure. Cherry Blossoms, Box 190SV, Kapaau, HI 96755. Or call toll-free 1-800-322-3238.

**Heaven-Sent Christian Singles** matched by personal, in-depth telephone interviews. No computers. SASE, $1. P.O. Box 732, Morton Grove, IL 60053.

**Thousands of beautiful, single,** and easy-to-meet Latin women interested in American men for traditional marriage. Free catalog from Allegro! of Miami. (800) 533-1019.

**Make new friends** through correspondence. Write: Friendships Unlimited, P.O. Box 350, Brooklyn, NY 11202.

**Meet your mate.** Free information. Send SASE. Expressions, P.O. Box 1472, Ashland, KY 41105.

**International matrimonial contact magazine.** Latest issue $15, details $1. Singles World, Box 208Y, Adelaide. 5001. Australia.

**Lonely?** Where and how to meet that special person. Booklet Unique Items, Box 1293, Gresham, OR 97030.

**Meet someone special.** Single American men/women seek friendship, romance/marriage. Free photo brochure. Truematch, Box 18000-ST, Las Vegas, NV 89114. (702) 385-5750.

### Of Interest to All

**How to get free hospital** care! $2 brings details. American, Box 20661, Wichita, KS 67208.

**Quit Smoking.** Forget about those expensive clinics and schemes. Tape may be the answer you have been looking for. Developed by a famous hypnotist. Reduces emotional and physical discomfort and guides you into a positive mental attitude to quit smoking forever. Send $8.95 plus $1.00 shipping. Pearma, 126 Eleventh Ave., Pine Hill, NJ 08021.

**Still spreading poison?** Build your own ultrasonic bug repeller. Free brochure, SASE: Standish, Rt. 5 Box 301A, Huntsville, AR 72740.

**Aunt Anner's Home remedies,** LSASE $2; Anner's, Box 255, Edna, TX 77957.

### Of Interest to Women

**Hand-held items** for her personal security. Legal, police-approved. Face spray, screamer air whistle, rape repulse. Free info. Zy-xX Corp., 15731 Pearl, Cleveland, OH 44136.

**Women only**—things mother never told you! Increase personal safety on the street, in auto, at home. New booklet tells how. Guaranteed. Send $4.98 to Miller, Box 4, Dept. 53, Montpelier, ID 83254.

**Tired of messy bathrooms** with hot curling irons lying around? For free information to solve the problem, write: Joyce, SP-7-88, 3950 Casebeer Rd., Altoona, IA 50009.

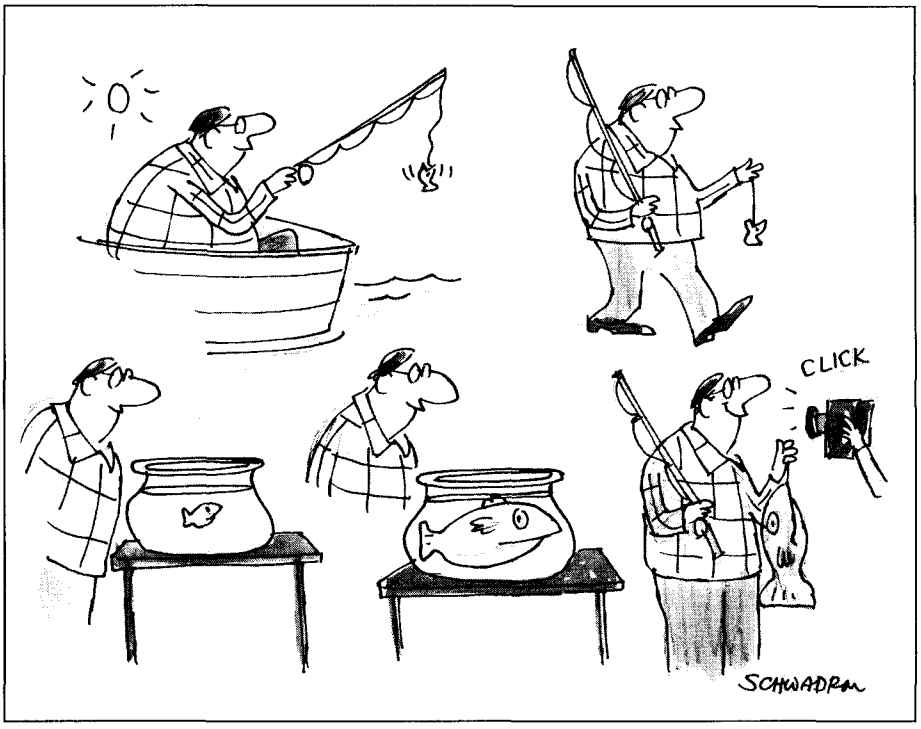
**Don't be afraid** with your siren/flashlight. A flick of your finger will turn on a loud, penetrating siren—attracts help fast! Doubles as a flashlight. Satisfaction guaranteed. $9.50 pocket or $10.50 full size. E. L. Bell & Co., Assistive & Protective Devices, 9174 W. Dodge Rd., Montrose, MI 48457-LP.

### Oil Paintings

**DECORATORS' SECRET REVEALED.** Affordable quality oil paintings. Free brochure. Gallerie SP-5/6, 705 2nd Ave. S.W., Altoona, IA 50009.

### Old Radio Programs

**Yesterday's radio on tape.** Quality sound, reliable service, free catalog. Adventures, Box 4822-P, Inglewood, CA 90302.




LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

**Free catalog: quality radio tapes.** Carl Froelich, 2-S Heritage Farm, New Freedom, PA 17349.

**Old-time radio on cassette,** as low as $3.50. Catalog, $2.00. Refundable on first order of 10 cassettes. Radio Memories from the Attic, 1000 Augusta, Elgin, IL 60120.

**50,000 OLD-TIME RADIO** shows on cassettes! For a catalog send $1 (refundable) to: How Well I Remember, P.O. Box 1069E, Richland, WA 99352.

**Cassettes.** Free catalog. Hello Again, Radio, Box 6176SA, Cincinnati, OH 45206.

### Real Estate

**OZARK ACREAGE** homesites. Recreational land, mountains, rivers, lakes. 9 percent interest, nothing down. Unusual catalog. WOODS & WATERS, Box 1 SP, Willow Springs, MO 65793. (417) 469-3187.

**Maryland University**—seven-bedroom house with two apartments. $115,000. (301) 864-5564. $131,000 appraisal.

### Recipes and Gourmet Foods

**Share your favorite natural-food recipes** with *The Saturday Evening Post* food editors. Help us to help others. Send recipes to *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

**Authentic Scottish recipes!** 20 traditional favorites, only $5. Write now: McFarlane's, P.O. Box 98114, Portland, OR 97201.

**Vinegar pie,** plus other great homesteader recipes. Send $3.98 to Miller, Box 4, Montpelier, ID 83254.

**WANTED: Any helpful tips** that make your time in the kitchen easier. Send hints to *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

**Great American sloppy joes.** SASE plus $2 to: R.N. Morris, P.O. Box 20582, Bradenton, FL 34208.

**The Community Cookbooks**—an American tradition guaranteed to please. Complete catalog only $1: Lionhouse, Dept. H, 612 Cascade Road, Pittsburgh, PA 15221.

**Spices, herbs, seasonings.** Free catalog. Creekwood, P.O. Box 1165, Marion, IL 62959.

**"Grand Championship Winner"** Swedish Tea Ring and others. SASE. $4. Guy's, P.O. Box 956, Saratoga, CA 95071.

**Swedish meatballs.** How to prepare. Send $1 and SASE: SVENSK, Box 110, Lindsborg, KS 67456.

**Fast fudge.** $1 for fabulous microwave recipe. Buendia Press, 8485 East McDonald Drive, Scottsdale, AZ 85253.

**23 great family recipes!** $3. TJ Distributing, 1545 E. 10th, #59A, Jeffersonville, IN 47130.

**Blueberry recipes**—delicious and easy. $5. SASE. Blueberry Farm, 6540 W. 92nd St., Fremont, MI 49412.

**Delicious original church recipes,** pastries, pies, cakes, cookies, etc. $4. LSASE: J. Banta, Rear 90 Ridge Street, Shavertown, PA 18708.

**Try great (grandpa's) delicious recipes!** Send $5: Originals, 11203 61 Ave., Kenosha, WI 53142.

**Oatmeal cake.** $3. SASE. 2414 E. 8th, Tulsa, OK 74104.

**Now available.** Maui Mati's wonderful Portuguese Bean Soup recipe from Hawaii!! Delicious. $2. SASE. Maui Mati, PO Box 11778, Honolulu, HI 96828.

**Tomato lovers!** Two quick and delicious recipes that will tingle your taste buds! Send $2 and SASE to: Rugby Enterprises, 32656 Rugby Dr., Dept. 2EP, Warren, MI 48093.

**125 authentic Australian recipes.** $4. NEP-SE, Box 1531, Carmel, IN 46032.

**Susan's 3 favorite mousse recipes.** Chocolate, shrimp, crab. Delicious, easy. SASE and $2 to: Susan B Co., 17d Rutgers St., Smithtown, NY 11787.

**Get organized—with our clear** acrylic recipe box. 60 ruled cards, 9 dividers. Flip-top lid keeps recipe clean while in use. Money-back guarantee. Only $11.95 ppd. Kate's Korner, Dept. 030, Box 29, Titusville, NJ 08560.

**Aztec Secret Recipe** Pickled Jalapeno Peppers. Forget the recipe, go for the real thing! Half pint. $3.95 postpaid. Aztec, 7120 Cane Hill Cir., Orlando, FL 32819.

### Records & Tapes

**Record collectors' supplies.** New sleeves, jackets, boxes, 78 sleeves, CLD supplies, etc. Free brochure. Cabco, Box 8212, Room 1101, Columbus, OH 43201.

### Religious

**Christian singles pen-pal club.** Send $2, SASE: D. Buettner, 4056 Lillie Drive, Grand Island, NE 68801.

**Advent 1996?** U.S.A., world-government religion in Bible? Free. P.O. Box 7700, Pasadena, TX 77508.

**Become a lifetime ordained minister.** United Charismatic Associates, 726 Chestnut, Abilene, TX 79602.

### Services

**Private counseling.** Send letter. $42. Garrison Quien, Box 41137, Memphis, TN 38174.

**The sensible meeting method.** SASE. Friend's Exchange, Box 297-B, Tillamook, OR 97141. (Est. 1980.)

### Travel/Vacation

**Maui oceanview condos.** Kamaole Sands/Maui Sunset. Postcards available picturing units. Chris Mohn, (612) 469-2038, evenings.

**South Florida Cruises, Inc.,** offers tremendous savings on all major cruise lines. Call toll-free 1-800-327-SHIP. Ask for free cruise brochure.

### Wanted

**Inventions wanted!** Patentvestments International, 1155 Connecticut #300, Washington, DC 20036.

**Highest prices** for anything American Indian. Potawatomi Museum, R1, Box 147A, Angola, IN 46703.

**Any helpful tips** that make your time in the kitchen easier. Send hints to *The Saturday Evening Post*.


# Norman Rockwell Encyclopedia

A Chronological Catalog of the Artist's Work 1910-1978
covers, illustrations, advertisements and more

by Mary Moline

## NORMAN ROCKWELL ENCYCLOPEDIA

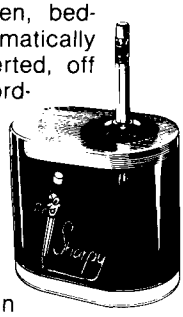
A chronological catalog of Norman Rockwell's work. Separate chapters list his magazine covers, story illustrations, advertisements, greeting cards, etc., with the dates they were published. More than 1,000 illustrations will help the collector identify individual paintings or drawings. Also, a listing of published biographical materials. A book that will be useful to collectors and of lasting interest to all Rockwell admirers. Norman Rockwell Encyclopedia regularly $9.95 now available at the special prices of $5.00 + $1.50 p&h per book. Quantities limited.

To order your 320-page Norman Rockwell Encyclopedia, send $5.00 plus $1.50 p&h for each book to: Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206. ☐ Check or money order enclosed
Charge to: ☐ VISA ☐ MasterCard

Card no. _____ Exp. date_____
Signature_____
Print name_____
Address_____
City _____ State_____ Zip_____
(Please allow 4 to 6 weeks for delivery. Indiana residents add 5% sales tax.) 8E

# CORDLESS PENCIL SHARPENER

Use anywhere—desk, den office, school, plant, kitchen, bedroom. Turns on automatically when pencil is inserted, off when removed. Cordless, battery-powered—takes four AA Penlite batteries—delivers hundreds of sharpenings! Snap-off shavings receptacle safety feature prevents operation when removed. Tool-steel-hardened cutting wheel. Brown with beige trim.




**Armchair Shopper, P.O. Box 130**
**Indianapolis, IN 46206**

Send _____ sharpener(s) at $16.50 each, plus $3 for postage and handling. (Please allow 3-4 weeks for delivery.)

☐ Check enclosed ☐ VISA
☐ MasterCard
Card No. _____ Exp. Date _____
Signature _____
Name _____
Address_____
City _____
State _____ Zip _____
Indiana residents add 5% sales tax. E8


LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

## *Medical Mystery*

*continued from page 72*

had volatilized it and blown it around the cottage. Well, we decided to volatilize it right out of the cottage, so we turned all the radiators on high, opened all the doors and windows, and started up a couple of fans. I heated some milk. I had my atropine. Then we drove back home. The whole thing was unnerving. We were in a real quandary. What were we going to do about the cottage? Abandon it? We couldn't sell it. That would be practically criminal. What we finally did—what we have only just finished doing—was another, and really drastic, cleanup. More than a cleanup, actually. We brought in another toxic-waste-disposal team. We discarded all upholstered furniture and bedding. We removed and replaced the baseboard radiators. We removed and replaced all the linoleum flooring. We washed in a detergent solution everything that could be washed —walls, floors, and ceilings. Then we sealed the entire inside of the house with two coats of polyurethane sealant. I had to be there to supervise, but I wasn't taking any chances. I wore a toxic-cleanup suit with a double-filtered mask, gloves, boots, goggles. I looked like a monster from space. But I survived. We left the house open all summer. Doors and windows—everything. I don't know exactly what we're going to do. I don't want to sell the cottage. I've always loved it. We'll probably keep it. It is almost literally a brand-new building.

"That last experience at the cottage taught me something. The contamination that night from the radiators couldn't have amounted to much. It certainly had no effect on Lewis. But I was different. I was susceptible. I was exquisitely sensitized. I said the cottage was the beginning but that it wasn't the end. I don't know if there ever will be an end. I recovered from the last cottage exposure. I heard about a doctor who specialized in sports medicine, an expert on knees. He turned out to be wonderful. I began to get going again. He kept me on my exercise program and encouraged me to branch out. Toward the end of the summer—the summer of 1986—I started seriously getting back into tennis. I mean, what's life without tennis! I signed up at a tennis school not far from home, a year-round school, with indoor courts. Actually, it was a general health facility. I worked with a coach a couple of days a week all through September and October and into November. Then, little by little, I began to get sick again. I remember one day I dragged myself over for a lesson and had to stop in the middle of play, I was so nauseated. I remember standing there leaning against the backstop and looking down at the court. It was a concrete slab on grade. And along the slab at the backstop were dozens, hundreds, of dead water bugs. I looked at all those dead bugs, and I had a horrible thought, a horrible suspicion. I called the therapist—the coach—over, and asked him if they by any chance had had any exterminating work done. He said, well, yes, some of the members had been complaining about an infestation of water bugs. The exterminators had made four visits in the course of the past 20 days. That was about the length of time I had been relapsing. I asked him if he knew what insecticides had been used. He didn't know, but there must have been something about the way I looked, and he said he could probably find out. So he made a phone call, and talked for several minutes, and came back with the answer. They used something called diazinon. Diazinon! Another organophosphate! For some harmless little water bugs.

"I tell you, I was shaken. I was frightened. And when I got home I got to thinking. I don't know how such things happen. But I got to thinking about that flower show, about how I'd felt the next day. And the more I thought about it, the more I wondered. I went to the phone and called the Pennsylvania Horticultural Society and talked to a woman who had something to do with the annual show. I asked her about the use of pesticides and insecticides. She said the society had nothing to do with that. That was up to the individual exhibitors—and there were hundreds of them. She thought it was very probable that some of them, maybe all of them, went in for some sort of chemical control. I thought so too."

• • •

Dr. Page smiled her wide smile and shook her head. The smile faded away. "I'm just beginning to realize that the world is a very dangerous place. It's something nobody really wants to think about. I mean the thousands and thousands of toxic chemicals that have become so much a part of modern living. I mean the people who use them without really knowing what they can do. I mean the where and how and why they use them. It's frightening. I think I'm pretty much recovered now. I haven't had any trouble for over a year. But you never know. The only thing I'm sure of is that I'm going to be very careful for the rest of my life."

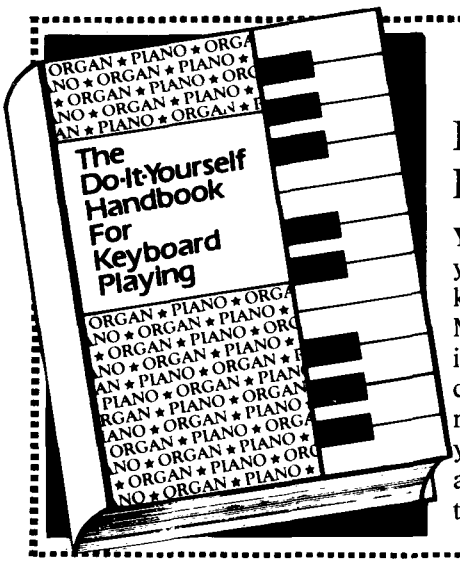
*"Good news, Dad—I've been accepted to go on to graduate school."*

**WHERE DO YOU THINK YOU ARE?**

*(Answers from page 96)*

(Theme: American cities named for foreign countries.)

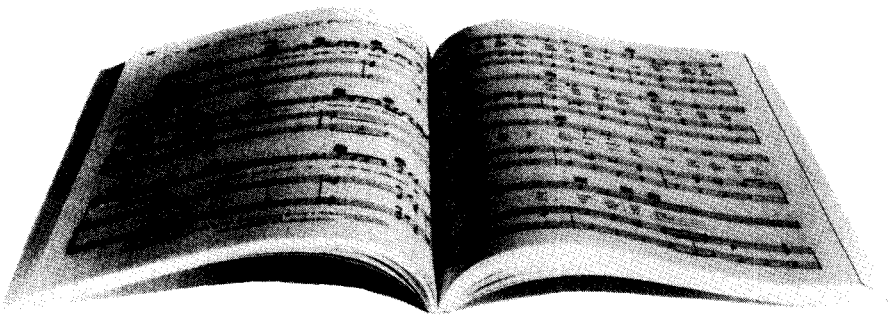
1. Grenada, Mississippi
2. Peru, Kansas
3. Cuba, Alabama
4. Trinidad, Colorado
5. Turkey, Texas
6. Mexico, Maine
7. Lebanon, Kentucky
8. England, Arkansas
9. Holland, Michigan

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

# YOURS FREE!

## Let Us Send You The 276 Page Do-it-Yourself Handbook For Keyboard Playing. . .a $15.00 Value

**YES,** here's exciting news about a never-before-available offer. We want to send you absolutely **FREE** a copy of the HANDBOOK that is helping thousands of keyboard players become better musicians . . . just for trying SHEET MUSIC MAGAZINE at no risk. The HANDBOOK is a complete guide to keyboard playing for musicians at all levels. You get over 250 pages of playing tips covering chords, finger dexterity, sight-reading, harmonizing melodies, writing songs, rhythm, improvisation plus loads more. It is the one book that will never leave your piano or organ. We want you to have this valuable musician's HANDBOOK as our gift (thousands of musician's already own it at $15.00 per copy), just for trying SHEET MUSIC MAGAZINE — *the only magazine you can play.*

# Just For Trying Sheet Music Magazine



If you read music you will love our magazine. Each and every issue is filled with the most popular sheet music ever published, including *Pop, Great Standards, Jazz, Show Tunes, Folk, Country, Tin Pan Alley, Movie Songs, Classics, Ragtime, Blues,* and more.

When you sit down at your piano, organ, guitar or any musical instrument, *we want to be your music book!* And when you want to improve your own musical ability, we want our staff of writers to *show you how.* And in every issue they do just that! There are Keyboard Clinics, Guitar Workshops, Composers' Workshops, Sight-reading, Playing By Ear, Theory And Harmony, Rhythm Workshops, and so much, much more.

A single year's subscription brings you dozens and dozens of great songs. And when you consider the price of sheet music these days, about $3.00 per song, and realize that Sheet Music Magazine provides the exact same thing for less than *18¢ a song,* you can understand why it has more subscribers than any other music magazine in the world today. A one-year subscription for $15.97 brings you over $200 worth of music!

And now you can choose between a *Piano Edition* and an *Organ Edition.* Each edition is specifically arranged for *your* instrument, and includes feature articles of special interest to *you.* Also, you can choose an *easy-to-play* version of the piano edition as well as the organ edition. The *easy-to-play* editions are especially good for you beginners and new students, young or adult, who don't think you are quite ready for the standard and special arrangements found in our standard editions. (If you are undecided as to which version would be right for you, we suggest you try the *Easy Edition.* You can change at any time, at no cost whatsoever.) Check your preference on the subscription application.

Play a copy of Sheet Music Magazine in your home risk-free. If you are not completely thrilled and delighted, you may cancel your subscription and receive a 100% refund of your payment. And the big HANDBOOK is yours to keep in any case.

***Sheet Music Magazine*** 352 Evelyn Street, P.O. Box 933 Dept. L2-01-78 Paramus, New Jersey 07653-0933

**YES,** SEND MY FREE HANDBOOK and enter my subscription to Sheet Music Magazine as checked below. I understand that I may cancel after receiving the free issue and receive a 100% refund of my payment — no questions asked! The free HANDBOOK is mine to keep in any case!

(✓) check one
Piano/Guitar
☐ Easy
☐ Standard

(✓) check one
Organ
☐ Easy
☐ Standard

(✓) check one
☐ One Year (9 issues) $15.97
☐ Two Years (18 issues) $29.00

Name _____

Address _____

City _____ State _____ Zip _____

☐ I enclose full payment of $_____ (Make check payable to Sheet Music Magazine)

Charge to: ☐ MasterCard ☐ Visa

Account No. _____ Exp. Date _____

Canadian residents please add $2.00 per year extra for postage.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Television Miniseries

An inspiring panoramic portrait of the Body of Christ—down through the ages. This major new It Is Written miniseries, taped in Europe and America, reveals how God has used various reformers and the denominations they founded, as "Rescuers of Neglected Truth."

# WHAT I LIKE ABOUT...

**Also Available on Videocassette**

| | |
|---|---|
| **The Lutherans** | **July 10** |
| **The Baptists** | **July 17** |
| **The Methodists** | **July 24** |
| **The Charismatics** | **July 31** |
| **The Catholics** | **August 7** |
| **Our Jewish Friends** | **August 14** |
| **The Adventists** | **August 28** |

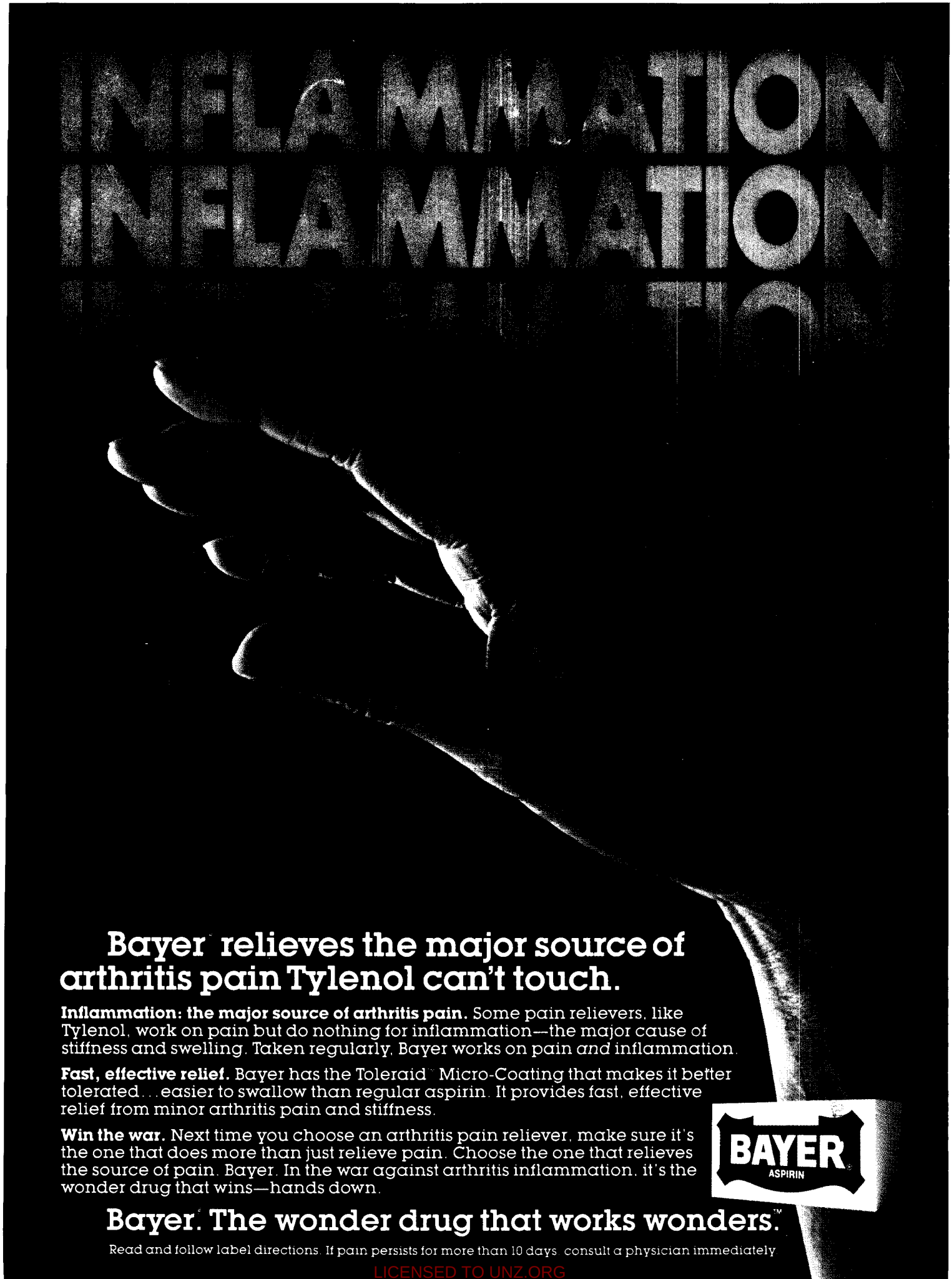
***(Check local listings for time and channel.)***

## *Hosted by*

## *George Vandeman*

For a free copy of the book, *What I Like About . . .*, call **(800) 253-3000**. Or write:
*It Is Written, Box 0, Thousand Oaks, CA 91360.*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED




# Bayer® relieves the major source of arthritis pain Tylenol can't touch.

**Inflammation: the major source of arthritis pain.** Some pain relievers, like Tylenol, work on pain but do nothing for inflammation—the major cause of stiffness and swelling. Taken regularly, Bayer works on pain *and* inflammation.

**Fast, effective relief.** Bayer has the Toleraid™ Micro-Coating that makes it better tolerated...easier to swallow than regular aspirin. It provides fast, effective relief from minor arthritis pain and stiffness.

**Win the war.** Next time you choose an arthritis pain reliever, make sure it's the one that does more than just relieve pain. Choose the one that relieves the source of pain. Bayer. In the war against arthritis inflammation, it's the wonder drug that wins—hands down.

BAYER® ASPIRIN

## Bayer®. The wonder drug that works wonders.™

Read and follow label directions. If pain persists for more than 10 days, consult a physician immediately.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED